



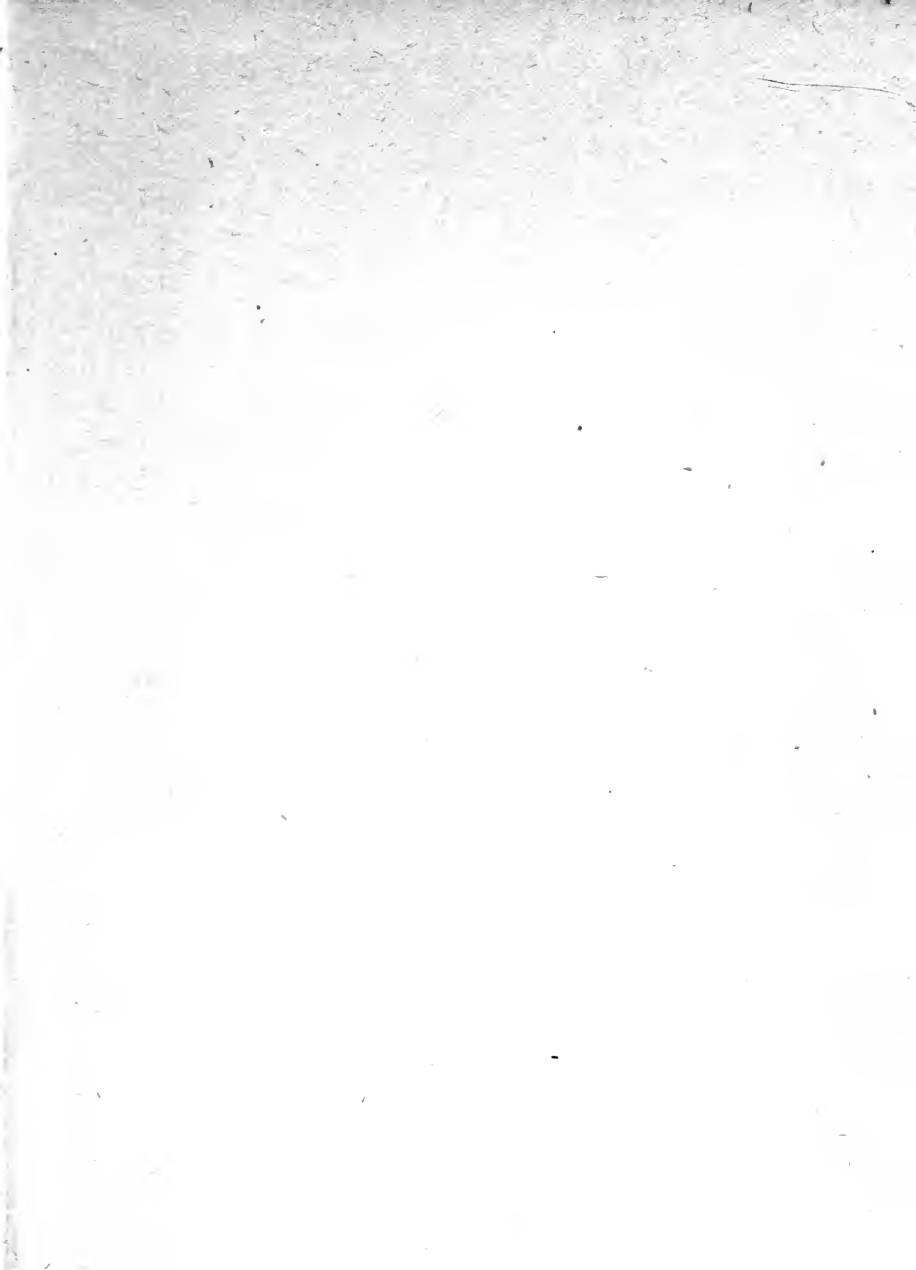
BOOK OF RECIPES

BERKELEY
LIBRARY
UNIVERSITY OF
CALIFORNIA



THE LIBRARY
OF
THE UNIVERSITY
OF CALIFORNIA

AGRICULTURE
BEQUEST
OF
ANITA D. S. BLAKE



Digitized by the Internet Archive
in 2006 with funding from
Microsoft Corporation

THE AUTO-COOK



Book of Recipes

A COMPILATION OF

More Than Three Hundred Superior Recipes of All
Kinds, Meats, Game, Poultry, Fish, Cereals,
Vegetables, Soups, Puddings, Fruits,
Sauces, Desserts, Breads, Etc.

Especially Adapted to the New Caloric
Fireless Cookstove.

GRAND RAPIDS, MICH.

CALORIC FIRELESS COOKSTOVE COMPANY

PRICE \$1.00

Copyright, 1906

By Caloric Fireless Cookstove Co.,

Copyright, 1908

By Caloric Fireless Cookstove Co.,

All rights reserved.

AGRICULTURE

GIFT

TX715

C35

1908

AGRIC.
LIBRARY

PREFACE.

THE recipes, explanations and directions, together with other useful hints and suggestions pertaining to the culinary art, contained in this volume were written and prepared primarily for the benefit of users of the Caloric Fireless Cooker. It should, perhaps, be explained here that the word "fireless" is a misnomer. The proper word is "recalorator," which literally means the conserving of heat, just as "refrigerator" means the conserving of cold. In both instances, the initial calor (heat) and frigidity (cold) must be provided.

In the "hay-box," the predecessor of the Caloric cooker, the initial heat was supplied by the large body of water or liquid in which the food to be cooked was placed and brought to the boiling point, the insulation of the hay keeping the surrounding atmosphere from equalizing and thus dissipating this heat, just as the charcoal and air chamber insulation of the refrigerator keeps the surrounding warmer temperature from rapidly melting the ice, and thus lowering the temperature of the food chambers. For boiling, steaming (to a certain extent) and stewing, the boiling liquid or water was adequate to complete the cooking. But, of course, the temperature could not be raised above 212 degrees Fahrenheit. Inasmuch as there are certain foods which cannot be cooked properly by boiling or stewing, in a liquid, the primitive "hay-

CALORIC BOOK OF RECIPES.

box" and its commercial successor, the original Caloric Fireless Cookstove, was not a real cookstove—it could neither bake nor roast. To supply this deficiency comes the New Caloric, which, with its genuine steatite radiators, furnishes sufficient stored heat to raise the temperature in the Caloric insulated oven and insulated compartments to over 400 degrees Fahrenheit. Inasmuch as the baking heat is only between 325 and 350 degrees, it will be readily appreciated that the New Caloric really does BAKE and ROAST, as well as boil, steam and stew—literally cooking anything required for the table.

That this method of cooking is superior in results, from every standpoint, we need not explain—it is too well understood.

The first requisite is to acquaint ones self thoroughly with the New Caloric. Therefore we request all housewives to study carefully the directions for use.

While the time and the ingredients required for cooking are stated, nevertheless a little experience will determine that these can be regulated according to the tastes of the individual. It will take a little time for the thoughtful housewife to master all the advantages of the Caloric. There are countless arrangements and advantages which time and use will reveal, not mentioned in the directions and cookbook.

Pains have been taken to make the book international and, in so far as possible, to please the varied tastes. It should be understood at the beginning, however, that any recipe can be cooked in the New Caloric. For this reason, the more common recipes, such as bread and pies, are not included,

CALORIC BOOK OF RECIPES.

else there would be no end to the list. After some practice according to the instructions of this book any woman in any land or country will be able to prepare whatsoever she has been accustomed to or might desire. It has been the purpose of this book to embody principally the method of preparing food. Formerly many ingredients were added to the dish while cooking, whereas now all the details are attended to beforehand, and the viands when done are the same as heretofore.

CALORIC FIRELESS COOKSTOVE CO.

Grand Rapids, Michigan.

CONTENTS.

	PAGE
Directions for Using the New Caloric	15
The Caloric from a Social Standpoint	20
Vegetables	25
Meats	35
Veal	45
Lamb and Mutton	51
Pork	58
Game and Wild Fowl	63
Fish	66
Mixed Dishes	68
Soups	74
Caloric Specialties	81
Cereals	86
Salads	90
Puddings and Sauces	94
Fruit Stewed	110
Fruit Sauces	112
Souffles	115
Cakes	117

CALORIC BOOK OF RECIPES.

	PAGE
Pastry	121
Breads	123
The Cooking of Vegetables	125
A Useful Table	128
One Hundred Hints Worth Knowing	129
With the Fireless Cooker	135
Index to Recipes	141

DIRECTIONS FOR USING THE NEW CALORIC.

The principle of fireless cooking, as exemplified by the Caloric fireless cooker, is that of recoloration, or the retention of heat previously generated, through complete insulation. In cooking, ordinarily, we heat food to a certain temperature; then we leave it over the fire, not to get hotter—that would be impossible—but to keep it at that degree of heat. The equalization of the surrounding temperature compels us to keep on supplying heat, to cause the cooking food to continue at the cooking temperature. If, once the food is made hot, we insulate it so that the heat cannot escape, the cooking will go right on just as if we continued to supply fresh heat. A method has long been sought by which the heat energy once generated might be conserved without having to add constantly thereto, both for hygienic as well as economic reasons. Hygienic, because it is admitted by all that any food cooked comparatively slowly in an even temperature is not only more nutritious, but also more palatable than that cooked fiercely over, on or in, the hottest possible temperature. The Caloric was the first to practically utilize this principle in the making of a commercial fireless cooker. This was three years ago. Now, the Caloric has made another great stride forward, in the evolution of the New Caloric, which has literally perfected the art of fireless cooking, not alone in the boiling,

CALORIC BOOK OF RECIPES.

steaming and stewing feature, but also it has rendered possible baking and roasting as well. Of course, for baking and roasting, some heat must first be placed in the oven, besides that contained in the food itself, and this is done by means of steatite radiators. With this heat the New Caloric economically and amply accomplishes anything which is possible on a large range or gas stove.

THE HEATING OF RADIATORS.

The steatite radiators can be heated on gas, denatured alcohol gas, oil, electric, coal or wood stoves or ranges. It will not hurt the radiators to put them on red hot coals. The time required to give the radiators the desired temperature is from seven to fifteen minutes, depending, of course, on the size and intensity of the blaze used. The radiators are tested as one would test a sad iron. When using two radiators, for baking or roasting, a good way is to heat both over one blaze, one above the other, changing them at intervals of about five minutes. About twenty minutes will heat both plates over a single blaze.

COOKING.

For boiling, steaming or stewing, only one radiator is used. This is heated and placed at the bottom of the receptacle, on one of the asbestos mats. The food having been prepared and placed in one of the Caloric utensils is set on the radiator, after first having been brought to a boiling point over a flame stove, and the aluminum cover clamped down.

CALORIC BOOK OF RECIPES.

The cover to the Caloric partition is then quickly closed and fastened. With the use of one steatite radiator, the food will be thoroughly cooked in about one and one-quarter the time that would have been required over a flame stove. But even if it be left in the Caloric for a much longer time it is not harmful to the food, inasmuch as there is no evaporation whatever, and no consequent scorching or burning. The food will keep hot for at least ten hours. It is not absolutely necessary to use the radiators in boiling, steaming or stewing, but in that case twice the time that is required for cooking over an ordinary flame stove should be allowed in the Caloric. If the radiators be not used, the food is simply brought to a boiling point over a flame stove, the aluminum cover clamped down and the vessel directly removed to the Caloric, and the lid closed down and fastened. The Caloric should never be opened during the period required to complete the cooking.

ROASTING.

Two steatite radiators are used for baking and roasting, one at the bottom and one suspended in the rack in the place of the regular cover of the large utensil. Every roast—beef, veal, lamb, poultry or game—should be heated before putting into the Caloric. As no liquid evaporates in the Caloric, very little need be added. For this reason, no basting is required, and, of course, the Caloric is not to be opened while a roast is being cooked—it is not necessary. The top radiator supplies the necessary top heat for the roast. It requires only a little more time to roast in the Caloric than in an ordinary oven, after the roast has been browned or seared. For in-

CALORIC BOOK OF RECIPES.

stance, a roast of veal that would require three-quarters of an hour in an ordinary oven will be roasted most beautifully in one hour in the Caloric, or even in a little less time. But, for the reasons previously mentioned, it does not injure the roast if it is permitted to remain longer in the Caloric, as it will not burn or dry, and become tasteless, if left for twice or three times the period actually required for cooking.

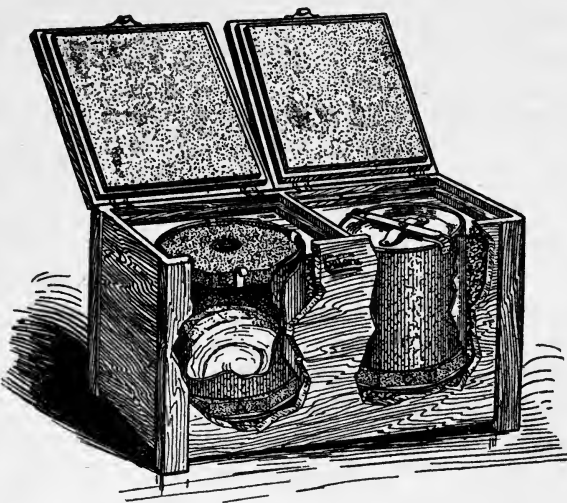
BAKING.

Baking naturally requires the more careful attention, but the results are most pleasing and surprising. Practically everything can be baked in the Caloric, cakes, pastry, biscuits, bread, puddings, beans, potatoes, apples—and all baked fruit for that matter. Some practice, a little attention at first, and success is assured. Two radiators are used in baking, and these may be heated while preparing the batch for baking. With both radiators sizzling hot, it requires only about the same time to bake as would be required in an ordinary range oven, with a moderate baking heat. A little experience will determine just the necessary time for baking. One radiator is placed at the bottom, and the other resting on the rack. The radiators should be heated slightly longer than for roasting or boiling, inasmuch as the dough is cold when put in. The Caloric vessel or the tin, if it be placed in a tin for baking, should be slightly warmed before putting in the dough, but care must be taken that it is not made **hot**. While baking, the Caloric should not be opened.

The sectional view of a No. 2 New Caloric illustrates the the arrangement for baking and roasting, as well as boiling

CALORIC BOOK OF RECIPES.

and steaming, in the smaller compartment. In the No. 4 and No. 5 New Calorics, the large oblong oven permits the use of ordinary baking tins. But in the Nos. 1, 2, 3, and 6, the baking and roasting is done in the larger Caloric utensil, or in a baking tin that will fit therein. The steatite radiator *a* is heated and placed in the bottom of the larger compartment, on the asbestos mat.



Whatever is to be baked or roasted is placed in a baking tin or directly in the Caloric vessel. Both tin and contents should be also heated (except in case of dough for cakes, bread or biscuit—the tin itself only need be warmed) and the heated steatite radiator *b* suspended in the nicked rack in lieu of the cover to the utensil. When boiling, steaming or stewing, only one radiator need be used, as *c*.

THE CALORIC FROM A SOCIAL STANDPOINT.

Noteworthy is the great value this new invention of fireless cooking, as exemplified in the Caloric, has already proved to be in household social life. The housewife is above all called and obligated to notice, test and use the new inventions in the technical field, as far as they pertain to household matters. A woman may avoid a great deal of trouble, but she may also create it. The progressive or non-progressive management by the wife in the household, no matter how small, is of such importance to domestic life, that it should be given more attention than is generally the case. Why does the husband often become estranged from home and family? It is repeatedly said that the wife does not understand how to bind the husband to the hearth and family and, indeed, evidence seems against her. The wife does not find the time to give the necessary attention to the husband, who comes home from his business tired and hungry. She does not find the time to give the needed care to dinner, lunch or supper, the care which the husband should reasonably expect by virtue of his calling, and must lay claim to from a health standpoint. The wife is taxed and worried by the numerous kinds of work in the home, which diminish her strength, so that she cannot do her best in any line. The children, both large and small, the care of the home, the

CALORIC BOOK OF RECIPES.

washing, the sewing, the cooking—everything has to be overseen or executed by her; what is there left for the homecoming husband? Discontent in all directions. How much of the stated conditions can be changed, modified—even avoided—by saving time for the harrassed wife? The Caloric literally saves hours. How much irritation and worry can be avoided and how many pleasant things can be had by this economy of time, to say nothing of the money saved!

And then the saving in the cost of cooking fuel, fully seventy-five per cent. The time and money thus saved by the use of such a fireless cooker as the Caloric is of inestimable benefit to the whole family.

The education of the children is the principal mission of the wife. Where the mother herself can do the training, can do it in quiet and peace, there the little ones fare well. We call the twentieth century the century of the child. Never before has there been so much consideration given to the physical and moral development of the child as now. But who, above all others, is called to the exalted mission of giving strength and energy to the development of the child, if not the mother herself?

Too often the family income will not permit the mother to devote herself to the proper oversight of the education and the physical welfare of her children. There are so many other things which have to be done. Again, it is the new fireless cooker, the Caloric, which comes to her aid, which enables the mother to procure for herself several hours spare time which she may spend with her children. She can go out with them and teach them so many things about nature.

CALORIC BOOK OF RECIPES.

And after one comes home from such agreeably spent hours, one opens the little "fairy box," as the Caloric has been named, and quickly places the hot and perfectly cooked meal on the table. What a different, happy atmosphere will the returning husband and father find, compared with that of past times, when the harrassed wife wished she might postpone her husband's home-coming, even if only for a few minutes. And how eagerly the children will look through the cookbook and pick out all the good things they would like to have their mother put into that "fairy box" for the coming day!

Many women are compelled to share in the wage-earning with their husbands. For these women who are employed during the day, the Caloric should be of exceptional value. The wife can put the food into the cooker before going to work. Almost any food may be left a long time in the Caloric without being impaired thereby. One can also regulate it well. With dishes which need to stay in the cooker a longer time, one heats the radiators only a little. Then at noon, when the children return from school and the husband and wife come home from work, they find the meal all ready. How gladly will the husband come home for each meal when he knows that he can have good, nourishing and warm things to eat. The children require good, regular meals to keep them healthy and robust; then they go satisfied and gladly to school, with a double zeal for learning. And the money that is saved, through this new household invention, can it not be laid aside as a saving for hard times, sickness, or being out of work? Or it can be used in part for

CALORIC BOOK OF RECIPES.

moderate, health-giving pleasures. For the bachelor—man or girl—compelled to patronize restaurants or the typical boarding house for their meals, should by all means make themselves acquainted with the Caloric. By the use of even the smallest size, with a small gas or denatured alcohol gas stove to start the things and heat the radiators, they could prepare for themselves a nourishing meal with little trouble and slight expense. They could put the things into the cooker mornings and noons, and so would twice a day be glad to return to their lonely home. There are so many simple dishes which every young lady and young man, too, even if they do not know much about cooking, can prepare. The preparation of the food would soon become a pleasure, and what a variety of dishes one can have as compared with the sameness of things in restaurant or boarding house!

SOME SUGGESTIONS.

Before putting things into the cooker be sure they are heated through. It takes longer to heat a larger piece of meat through than a smaller one. Whole potatoes, apples and other fruit require more time to heat through than those that are sliced. It takes longer to heat a kettle which is full than one which is only half filled. So use your own judgment.

If dinner is to be served at night, all of the preliminary cooking can be done at noon and placed in the Caloric until evening.

Dried apples or prunes may be cooked in the cooker over night. They will be done the next morning. Previous to cooking they should be soaked in cold water from five to

CALORIC BOOK OF RECIPES.

twelve hours. Always use the water they have been soaked in for cooking in.

Sauerkraut will be tenderer and better flavored if it is placed in the cooker the day before intended for use.

Meats and poultry which are somewhat tough may be made tender by leaving it in the cooker a longer time.

The Caloric is an excellent thing for a family whose members can not have meals at the same time. One can take out part of the food and put the rest back and it will keep hot for hours.

The Caloric is a great economy in the use of seasoning. Half, and indeed sometimes a third and fourth part of what one would use ordinarily, will be sufficient. In using the Caloric nothing evaporates—all the delicious and delicate flavors stay in the food. Therefore, be careful in the use of your seasoning.

There is one Caloric kettle for each compartment of the stove, (except the oblong oven of the No. 4 and No. 5,) but it is sometimes very convenient to have two shallower kettles which will fit well on top of each other. This will enable one to cook two different dishes in one compartment at the same time. Only one radiator on the bottom of stove is required in such cases. The kettle with the dish which requires the most heat should be placed at the bottom.

It is immaterial whether the kettles are filled, half filled, or only a quarter. If you wish to prepare very small quantities use small kettles with tight-fitting covers that will go inside the regular Caloric utensils.

VEGETABLES.

The Caloric is particularly good for the cooking of any and all kinds of vegetables. For those boiled or cooked in water, the same recipes apply as in an ordinary range or stove. It is only necessary in such cases to bring the vegetables to a boil on a flame stove, and then remove with cover clamped down to the Caloric, using only one steatite radiator. In the case of vegetables requiring an exceptionally long time, as, for example, beets and cabbage, it is advisable to continue the heating on a flame stove for a quarter of an hour, before removing to the Caloric. However, a little experience will determine the exact time required by each housewife. In baking vegetables, as baked potatoes, baked apples, etc., both radiators are used, and it is well to simply heat the vegetables before placing them in the Caloric. For baking ordinary sized potatoes it requires from three-quarters to an hour, in the Caloric. But at first, until you have become familiar with the use of the Caloric, it is advisable to make the time longer rather than shorter, inasmuch as no matter how much longer they are left in the Caloric they will not become burned.

String Beans—Snap rather than cut the beans into small pieces of about one-half inch and, unless they are very fresh,

CALORIC BOOK OF RECIPES.

it is well to soak them in ice water one hour before cooking. Then throw them into boiling water and cook five minutes; drain and cover with boiling milk; season with salt and pepper and a little butter. Cover the dish and let come to a boil and place in the Caloric and leave two hours or more. Serve in warm dishes.

Peas—Shell and throw into boiling salted water. Boil for ten minutes and by that time the water you have put in should be nearly boiled away. Then cover with milk, add butter, salt and pepper. Cover and bring to a boil and place in the Caloric, leaving for two hours or more. Have a hot dish to serve them in.

Beets—Wash and scrub, but do not cut the beets. Lay them in boiling water and boil, covered, ten minutes. Place in the Caloric and allow to remain two hours or more. When taken out put them in cold water for a minute and slip the skins off. Cut in slices and pour over a sauce made with two tablespoons of butter, four tablespoons of lemon juice or vinegar, one-half teaspoon salt and a little pepper. Bring the sauce to a boil and pour over the beets just before serving.

Green Corn—Husk and put in a kettle of boiling water, add two tablespoons of sugar. Boil for five minutes covered and then place in the Caloric for two hours or more. Serve hot, rolled in a napkin.

Asparagus—Cut off tough ends. Cover with boiling water, boil five minutes. Drain off the water. Cover with boiling water, boil three minutes. Remove to the Caloric for

CALORIC BOOK OF RECIPES.

one hour or longer. Drain off the water; cover with milk; season with butter, salt and pepper; heat and serve.

Summer Squash—Remove skin and seeds. Cut in small pieces, cover with boiling water. Boil five minutes and remove to the Caloric for two hours. Drain, mash and season with butter, salt and pepper.

String Beans—Take one tablespoon of lard and one of flour, put in kettle and brown. Then add the beans, cut in small pieces, stir well. Then cover with boiling water. Put in Caloric kettle, boil five minutes. Remove to the Caloric for three hours. Season with salt and pepper. If there is too much juice, reduce on fire for a few minutes.

Onions—Cover onions with cold water and peel. Cover with boiling water, and boil ten minutes. Drain the water off, cover again with boiling water and boil five minutes. Remove to Caloric for two hours. When ready to serve, drain and cover with hot milk. Season with salt, pepper and paprica, thicken with a little flour.

Carrots—Pare and cut into small cubes; cover with boiling water, and add two tablespoons of sugar. Boil five minutes. Remove to the Caloric for three or more hours. When ready to serve, drain and cover with milk. Thicken with flour and season with salt, pepper, paprica and butter.

Potatoes Boiled—Pare and cut potatoes in quarters if large. Cover with boiling water. Boil five minutes and remove to the Caloric for $1\frac{1}{2}$ hours. Potatoes can be left in the Caloric five or six hours without becoming soggy.

CALORIC BOOK OF RECIPES.

Potatoes Boiled (Unpeeled)—Put the thoroughly cleaned potatoes into boiling water and boil them five minutes. Put the covered kettle into Caloric. Time of cooking depends on season of the year and kind of potato, 50 to 60 minutes.

Boiled Potatoes—Pare the potatoes, cut them into pieces and put them into fresh water. Put them with salt into boiling water and boil for five minutes. Put the covered kettle into Caloric. Time of cooking 40 to 50 minutes.

Potatoes Roasted in Butter—Pare 10 or 12 potatoes, cut them into discs or slices. Brown butter and put potatoes into it with salt and let them roast for five minutes, turning them all the time. Put the covered kettle into the Caloric 50 minutes.

Stewed Potatoes With Parsley—Cook two tablespoons butter or fat together with four to five tablespoons of flour until light yellow. Stir smooth with water or rather stock (or hot water and extract). Add salt, pepper, one tablespoon finely chopped parsley and let it boil up. Slice 12 to 15 raw, pared potatoes. Put them into the gravy and let boil for five minutes. Put covered kettle into Caloric.

Stewed Potatoes, Hungarian—Cut 12 to 15 medium sized raw potatoes into small cubes. Heat two tablespoons of butter and put potatoes into it. Add salt, one-half teaspoon paprica and one large finely cut up onion. Stir through. Add stock enough that potatoes are covered nicely and let boil for five minutes. Put the covered kettle into the Caloric 30 minutes. In taking up potatoes stir as little as possible.

CALORIC BOOK OF RECIPES.

Escalloped Potatoes—Peel and slice one quart raw potatoes, take kettle and put one layer of potatoes and small pieces of butter, salt and pepper, and slice one small onion until required quantity is prepared. Then sprinkle bread crumbs over top, pour one pint milk over top, heat hot, place in Caloric and bake $2\frac{1}{2}$ hours, using both hot radiators. These are delicious.

Escalloped Potatoes, No. 2—Slice cold, boiled potatoes into kettle, season well, thicken one pint milk and pour over top and bake two hours in Caloric, using both hot radiators.

Mashed Potatoes—Cut 12 to 15 raw pared potatoes into pieces. Cook them in salt water as directed in above recipe. When done, pour off the water and mash potatoes fine. Add as much boiling milk as necessary. Put them into a potato dish and pour browned butter or fried bread crumbs over them.

Mashed Potatoes With Apples—Pare and cut up potatoes. Pare also good cooking apples, take out core. Have equal parts of apples and potatoes. Put them into boiling water and let them boil for five minutes. Put kettle into the Caloric 45 minutes. When done pour off the liquid and mash potatoes and apples. Stir in a few tablespoons of hot butter and put kettle back into the Caloric. This is a very piquant side dish for well spiced meats.

Potato Stew—Lay three slices of salt pork, fat and lean, in the stew kettle, and let it fry. Pour off part of the fat if too much. Slice an onion and fry with the pork. When it

CALORIC BOOK OF RECIPES.

browns, put in the potatoes, sliced not too thin, and boiling water just enough to cover. Remove to Caloric kettle and boil five minutes without lifting the cover; remove to the Caloric for two hours. When ready to serve, season with butter, pepper, paprica, and one cup of cream, heat and serve.

Macaroni Plain—Boil one-half pound of sticks well broken up for five minutes, with one-half teaspoon of salt. Without lifting the cover remove to the Caloric for two hours. Drain, and thicken two cups of milk with flour. Season with butter, pepper and salt and paprica. Drop in the macaroni. Heat and serve at once.

Macaroni and Cheese—Cook the macaroni as for plain. Place a layer of macaroni in pudding dish, cover with layer of white sauce covered with a layer of grated cheese. Alternate until the dish is filled. Put layer of bread crumbs on top with bits of butter, and bake one-half hour.

Vegetable Oysters—Scrape two pounds of vegetable oysters clean, put them immediately into water, so that they stay white. Heat two tablespoons of butter until it commences to bubble. Add three or four tablespoons of flour, stir until flour is pale yellow and stir smooth with stock. Put vegetable oysters, cut up in finger long pieces, into gravy, add salt and, if gravy be too thick, a little stock. Put the covered kettle into Caloric. (Two and one-half hours.)

Boiled Cauliflower—Remove the outer leaves and cut off the stem close to the flowers. Do not break the cauliflower, but wash thoroughly in cold water. Then soak in

CALORIC BOOK OF RECIPES.

cold, salted water, top downward, for one hour, allowing one tablespoon of salt to one gallon of water. Drop the cauliflower into the kettle of boiling water, salt slightly, cover closely, cook for five minutes and place in the Caloric for two hours. When done, lift it from the water, stand it in a round dish, with the flowers up, pour cream sauce over it, and serve.

Cauliflower, Different Way—Divide the head into small parts and cook these for one-half hour in the cooker. Proceed the same as directed in first recipe for cauliflower.

Leave the head whole and cook the same as directed in recipe No. 1. When done take it out of the liquid, put it on a platter and pour browned butter or bread crumbs browned in butter over it. One may in addition sprinkle on a little lemon juice.

Peas (Puree)—Bring scant quart of water to a boil, put one pound of peas into it and let them boil for ten minutes. Put the covered kettle into Caloric two hours. When done take them out and rub them through a colander (after taking the peas out of the Caloric, close cover of the Caloric again, in order to retain the heat). Brown four or five tablespoons of flour with butter or fat and stir smooth with cold water. Stir this through the peas and put them back into Caloric for keeping them hot.

Peas, a Different Way—Brown (not too dark) four or five tablespoons of flour together with three tablespoons of fat, or butter, stir smooth with cold water. Into this put one pound of peas, salt and, if necessary, some more water

CALORIC BOOK OF RECIPES.

and let cook for ten minutes. Put the covered kettle into Caloric $2\frac{1}{4}$ hours. When peas are done, rub them through a colander and add a little meat extract.

Pumpkin—The hardest part of preparing a pumpkin for stewing is the taking off the rind and in the case of new pumpkin when the rind is free from decay it is worse than wasted labor, for the nearer the rind the sweeter the meat. Cut the pumpkin into strips and then into pieces as usual and stew rind and all. Of course, you have thoroughly washed your pumpkin before cutting; when stewed and cool, rub through a colander, which takes out all the bits of rind, leaving a rich, sweet residue.

Potatoes in Butter, No. 2—They are prepared the same as directed above, except that one selects small potatoes, leaving them whole. ($1\frac{1}{4}$ hours.)

Sliced Potatoes With Bacon—Pare potatoes and cut them into slices. Fry piece of bacon in a little lard until light yellow. Put the potatoes with a little salt into this and let them fry for a few minutes without turning them. Put the covered kettle into the Caloric one hour. When the potatoes are done, turn them out of the kettle on to the platter so that the yellow fried side comes on top.

Potatoes With Fried Sausage—Pare and slice potatoes. Fry sausages quickly brown. Heat plenty of butter; put layer of potatoes into it, then some fried sausages, then potatoes and then sausages, etc., letting potatoes be the top layer. Put some butter and sprinkle some salt and pepper on each

CALORIC BOOK OF RECIPES.

layer. Let the whole roast for a few minutes without turning it. Put the covered kettle into the Caloric $1\frac{1}{4}$ to $1\frac{1}{2}$ hours. Nice served with sauerkraut.

Potatoes With Parsley—Pare 10 to 12 large potatoes, slice them very thick and divide slices into long narrow pieces. Heat $1\frac{1}{2}$ tablespoons of butter. Put the potatoes with salt into it. Add one tablespoon of chopped parsley and let potatoes cook for a few minutes, stirring them. Put the covered kettle into the Caloric forty-five minutes.

Potatoes With Ham—Are prepared as in above recipe. Instead of frying sausages take smoked ham cut up small. One serves lettuce or sauerkraut with them also.

Potato Dumplings of Boiled Potatoes—Grate 18 to 20 potatoes which have been boiled the day before. Mix them with one cup of flour and one egg, salt, four tablespoons of cream of wheat, so that it makes a pretty stiff dough, and then form into medium sized balls. Put into boiling water, slightly salted, for ten minutes. Put the covered kettle into the Caloric one hour.

Macaroni With Tomatoes—Place a layer of sliced tomatoes in pudding dish, then an inch of macaroni previously cooked in the Caloric. Season with salt, pepper, butter and paprika; cover with another layer of tomatoes and macaroni, seasoned as before; sprinkle the top with cracker crumbs and bits of butter, and place in Caloric using both hot stones.

French Macaroni—Put one tablespoon of butter in a frying pan, add one cup of boiled macaroni, (previously cooked

in the Caloric), and one cup of grated cheese. Cook until the cheese is melted, then add two well beaten eggs, season with salt, pepper and paprica. When smooth, serve at once on hot toast.

Minnesota Spaghetti With Tomato Sauce—Break a half package of Minnesota Spaghetti into boiling water and boil for 30 minutes, or until tender, strain and cover with cold water while you prepare your tomato sauce. When sauce is ready, throw the spaghetti into a frying pan with brown butter for a few minutes, pour tomato sauce on spaghetti and serve hot. Grated cheese may be sprinkled on it if desired. Try this recipe for your tomato sauce: One can tomatoes, one small onion sliced, one clove of garlic, three whole cloves, ten whole allspice, six whole peppers and a pinch of baking soda. A few stalks of celery may be added if handy. Boil; put in the Caloric until thoroughly cooked and strain through a cheese cloth. Thicken with a tablespoonful of potato flour dissolved in cold water; add butter the size of an egg; season with salt and red pepper and boil five minutes longer.

Sauerkraut—Take one quart of sauerkraut and two pounds of fresh pork. Cut the pork in slices and mix with the kraut in the kettle. Cover with boiling water and boil ten minutes without lifting the cover. Remove to the Caloric for six to eight hours, using one radiator. A little salt should be added before cooked, if needed. Drain, and serve on hot platter.

MEATS.

Meat, although one of our most important foods—and certainly the most expensive—is too frequently ruined in the cooking. Often all the rich, juicy nutriments are cooked out of it, leaving the hard, leathery fibre. It should be born in mind that the most expensive meats are not necessarily the most nutritious. If one thoroughly understands the right way of preparing the cheaper kinds, and is provided with the auto cook—the Caloric Fireless Cookstove—it is possible to have a tender and juicy piece of meat at a comparatively small cost. As Marion Harland says: “The secret of making tough meats tender is the slow cooking, especially by braising, boiling and stewing. The toughest fowl can be reduced to toothsome tenderness is steamed in a closed kettle or boiled or braised in a covered roaster for several hours.” The Caloric is especially adapted for cooking in all these ways. Any meats cooked in the Caloric will be found superior in every way to those cooked entirely on a flame stove.

Boiled Beef—If you wish to keep the meat juicy, palatable, and nutritious put it into boiling water. If you wish to have a nourishing soup put the meat over the fire with cold water. Put kettle with water over the fire and bring to boil. The amount of water of course depends on the size of the

CALORIC BOOK OF RECIPES.

piece of meat and on the quantity of soup desired. Put the meat in the water, add salt and seasoning (as onions, vegetables, etc.), desired. Let it boil tightly covered from 12 to 15 minutes. Do not skim, if you did so you would throw away some of the most nutritious parts. Put kettle in the Caloric. Cooking time two hours, two pounds of beef.

Boiled Beef—The brisket or piece of round is good for this. Put the suet and trimmings of the meat in the kettle and try out the fat. Then throw in the meat and sear quickly on all sides. Remove the cracklings from the fat and cover the meat with boiling water; bring to the boiling point quickly and boil hard for five minutes. Add a little pepper and boil gently for half hour. Without removing cover place in Caloric and leave three hours or more, using one radiator. Then remove to a hot platter, salt well, garnish with cress or boiled cabbage. The liquor should be saved for stock and sauce.

Stewed Beef—Take $2\frac{1}{4}$ pounds of meat from the under part of the round and rub it with salt and pepper. Let it stand from 30 minutes to one hour. Melt one tablespoon of butter in the kettle, put in meat, add some sliced carrot, and a piece of bay-leaf. Let it cook for 10 or 12 minutes occasionally turning the meat and adding a tablespoonful of water. Have ready one or two tablespoons of flour dissolved in desired quantity of water. Add this to the meat and let the whole boil up. Put cover on kettle and place in Caloric. Cooking time two hours.

Beef Stew—Any of the cold bits can be used for this nicely or the round or any of the cheap cuts. Cut all the fat from the meat; the lean cut in small pieces. Fry the fat in a kettle

CALORIC BOOK OF RECIPES.

gently for ten or fifteen minutes. Then add meat seasoned well with salt and pepper, and brown. Cut a slice or two of onion, turnip or carrot and three or four potatoes into small pieces and add to pan. Boil five minutes with cover on. Then place in Caloric, and leave two hours or more. Remove from Caloric to fire and thicken stew with one tablespoon of flour rubbed to a paste in a little milk. Serve on large platter.

Corned Beef—For cold corned beef the plate piece is the best; while for hot the brisket is to be preferred. Always have a good layer of fat around it. Place in cold water and bring slowly to a boil and boil thirty minutes, skimming well the first few minutes. Have cover tightly closed before removing to Caloric and leave six or eight hours, using one radiator. Cool in stock; press between plates, and serve in thin slices.

Rolled Beefsteak—Have a steak cut from the round one-half inch thick. Remove center bone and surplus fat. Over this steak spread a dressing made of one cupful of soft bread crumbs, one rounding tablespoon of butter melted, one level teaspoon of poultry seasoning, or sweet herbs, one-half teaspoon of salt, one-half teaspoon white pepper. Press this dressing down firmly, then roll compactly and tie securely with twine. Into a cast iron skillet, put one fourth cup of beef drippings or butter, and place over fire. When hot put in the beef roll. Turn until it is a delicate brown. Remove to Caloric kettle. Add to the fat remaining in the skillet one-fourth cup of flour, when thoroughly blended add one pint of boiling water. Season with salt and pepper. Pour over the beef roll and boil fifteen minutes. Remove to the Caloric without removing the cover for three or four hours, using one radiator.

CALORIC BOOK OF RECIPES.

When done remove the strings and serve on platter. Add a little onion juice to gravy and pour over roll.

Beef a la Mode—Take four to six pounds from the under part of the round of beef cut thick. Wipe and trim off the rough edges. Put in a deep earthen dish. Pour over it spiced vinegar, made by boiling for five minutes one cup of vinegar, one onion chopped fine, three teaspoons of salt, and one-half teaspoon each of mustard, pepper, cloves and allspice. Let the meat stand several hours, turning it often. Then lard it with ten or twelve strips of salt pork, cut one-third of an inch wide. Remove from spice and brown in hot fat in which two onions and one-half a carrot have been fried. Remove the beef to Caloric kettle, and add to fat enough boiling water to nearly cover the beef. Boil twenty minutes. Put in small bag of mixed herbs, and remove to the Caloric for five or six hours, using one radiator. When ready to serve add more seasoning and thicken with flour. Boil five minutes, strain over the meat, and garnish with potato balls and small onions.

Stewed Beef With Ham—Rub three pounds of meat (filet-piece is best) with salt and pepper. Let it stand for one-half hour. Melt and heat in kettle two tablespoons of butter. Put meat in it and add one-fourth pound smoked ham (cut up in little slices) one large sliced onion, a carrot, two or three cloves, and one bay-leaf. Turn meat several times. Then add one-half cup of stock and let it boil 12 or 15 minutes. Dissolve two tablespoons of flour in some water or stock and stir it in. Let boil a minute and close the kettle. Put into Caloric. (Two hours).

CALORIC BOOK OF RECIPES.

Brown Beef Stew—Cut two pounds of beef into cubes of one inch. Roll them in two tablespoons of flour. Put two tablespoons of suet in sauce pan, shake it over the fire until it is well melted. Remove the cracklings and throw in the meat. Shake until it is slightly browned. Draw the meat to one side of the pan, add two tablespoons of flour to the fat. When smooth, add one quart of stock, one teaspoon of salt, one onion, one bay leaf, one small carrot, one saltspoon of pepper, one teaspoon of kitchen bouquet. Put all together in Caloric kettle, boil very slowly for thirty minutes. Without removing the cover, remove to the Caloric for three hours, using one radiator.

Beef Stewed in Vinegar—Rub about three pounds of beef with salt, pour good vinegar over it and let it stand at least over night. When ready to use melt and heat $1\frac{1}{2}$ tablespoons of butter, put meat into it, turn several times. Add two sliced onions, one carrot, a piece of bay leaf, two cloves and a pinch of sugar. Then add part of the vinegar the meat has stood in and let it boil for 15 minutes. Dissolve $\frac{1}{2}$ tablespoons of flour in sour cream (if cream is too thick dilute with water or vinegar). Add this to the meat stirring some all the time, and let it come to a boil. Cover kettle and put into Caloric. Allow two hours.

Filet Roast—Rub a piece of filet with salt and pepper and let it stand for one hour. Heat plenty of butter and brown the meat in it, on all sides. Put without the cover on kettle in the Caloric. Place the crossbar over open kettle and the second hot radiator on top. Time for roasting one hour.

CALORIC BOOK OF RECIPES.

Filet Roast Steamed—It is advisable to take a large piece because it keeps juicier. Rub meat with salt and pepper and let it stand for one hour at least. Put plenty of butter in the kettle and heat it. Put in the meat and brown it. In turning meat be careful not to prick with fork lest some juice escape. Now add one little onion sliced, one teaspoon of capers. Let it cook from 10 to 12 minutes. Dissolve one tablespoon of flour in three-fourths tablespoons water. Pour it in and let boil for a moment. Close the kettle and put into the Caloric. Cooking time two hours.

English Roast—For this take rib piece (loin), have the ribs taken out. Prepare the same as filet roast. Cooking time 1½ hours.

Filet, Austrian Way—Cut off all the fat and skin from a piece of fillet, pound it flat, after it has been rubbed with salt on both sides spread it out on a meat board. Chop one-fourth pound of bacon (fat) and three or four boned sardines and mix with pepper, a pinch of ginger, and some tablespoons of bread crumbs. Spread this dressing evenly on the meat, roll it up and tie it. Heat a piece of butter, or fryings, in the kettle, put in the meat and brown it on all sides. After this add five or six tablespoons thick sour cream and keep it a few minutes longer over the fire. Put kettle into Caloric without the cover, using one hot stone underneath and one on top. When done pull out the strings, slice meat and pour the strained gravy over it.

Beef Roularde—Cut 2¼ pounds of lean beef in five or six equally thick slices with salt and put one on top of the other

CALORIC BOOK OF RECIPES.

and let them stand so for one-half hour. Make following dressing. Chop one-fourth pound of bacon with two small onions, mix with large pinch of white pepper. Divide it in five or six equal parts and spread each part on a slice of meat. Roll up each slice and wind with thread. Turn each little meat roll in flour until they are white all over. Put them into a kettle with hot butter and fry them to a nice yellow all around. Then add three tablespoons sour cream, the juice of one-half lemon, a pinch of sugar and one-half cup of stock. Let them smother (kettle cover on) for 10 minutes and after this put them into Caloric. Time 1½ hours.

Steamed Ribroast—Cut a roast in such pieces that a rib is on every piece. Rub the parts both sides with salt and pepper. Heat two tablespoons of butter, or fryings in kettle, put the meat in it adding right away one large thinly sliced onion. Brown meat and onion. In order to keep the onion soft, add off and on one tablespoon of water to which has been added a little beef extract. When meat is nice and brown put cover on kettle and put in cookstove. Cooking time, one hour.

Oxtail—Cut the thick part of the tail in pieces, (cutting through the joints) and sprinkle them with salt. Chop the following articles: A small onion, a carrot, a parsley root, a piece of garlic and celery root, fry this nice and yellow in one-half tablespoon of butter. Put into this the pieces of oxtail and fry them brown on all sides. Dissolve one tablespoon of flour in some water and add this to the above and let it soak a few moments. Put on kettle cover and place in cookstove. One serves potato salad with it. Cooking time two hours.

CALORIC BOOK OF RECIPES.

Beef a la Venaison (like game)—Rub $2\frac{1}{4}$ pounds of beef (lower part of round or loin) lightly with salt and put in good vinegar for three or four days. Take it out and drain it a little. Cut very fat bacon in thin threads about a little finger long and with a large needle sew several rows through the meat. Now get ready the following ingredients: Two large sliced onions, one little yellow carrot, piece of lemon peel and one bay leaf, 12 to 15 peppercorns, large pinch of sugar and several cloves. Heat piece of butter in kettle, put in the meat and brown it lightly. Then add part of the vinegar (the meat was kept in) and the seasoning. Let the whole boil for 15 minutes. Dissolve two or three tablespoons of flour in cold water and add this to meat. Let the whole boil again for a moment. Place the kettle with cover on tight in the Caloric two hours.

Filet Slices in Butter—Take three or four slices about one-half inch thick from the thick part of the beef tenderloin. Rub them with salt and pepper. Brown $1\frac{1}{2}$ tablespoons of butter in kettle. Put the slices of meat into this and fry them on both sides to a nice brown. Put cover on kettle and place in Caloric forty-five minutes. They are nice to serve with cauliflower or asparagus.

Pickelsteiner Meat from Beef Tenderloin—Cut $2\frac{1}{4}$ pounds of beef tenderloin in medium sized cubes. Get ready one-fifth of a pound of bacon, piece of butter broken up in little pieces, 10 or 12 pared raw potatoes (cut up in cubes) the following vegetables: A handful of parsley, piece of garlic, one onion, two or three carrots. Cut all those vegetables

CALORIC BOOK OF RECIPES.

fine, melt in your kettle a piece of butter, put in a layer of potatoes, a layer of vegetables and a layer of meat. Sprinkle salt and paprika sparingly between each layer. Put bacon and butter on top of potatoes. Put in this way until everything is used up. At last add one cup of water, or better, stock. Now put the kettle on a blaze or range and heat through for five minutes or longer. Close kettle and place in Caloric forty-five minutes.

Beef Roll—Take a large slice of round steak, make a dressing of bread crumbs seasoned well with salt, pepper and sage and one egg, all moistened with water until sticky, spread on roll, tie up tight with cloth around. Put into Caloric for two hours to steam, then bake one hour in Caloric. This cannot be beaten.

Beef Loaf, No. 1—Three pounds of beef, one-half pound salt pork chopped fine, three slices of stale bread rolled fine, three eggs, salt and pepper to suit, one small onion, mix well and bake three hours in Caloric.

Beef Loaf, No. 2—Three pounds raw beef, one-half pound raw ham, three eggs well beaten, three soda crackers rolled fine, one teaspoon salt, one-half teaspoon pepper, three tablespoons cream, six hard boiled eggs, mix very thoroughly and cover and put into Caloric two hours. Uncover and bake one hour in Caloric, using both hot radiators.

Gaulaulsh Stew—Cut a two pound flank steak in small dice. Chop one onion and fry in two tablespoons of butter. Brown the steak in the butter and cover with cold water

CALORIC BOOK OF RECIPES.

or stock. Boil slowly for 20 minutes. Season with salt, pepper and paprika, and thicken with a little flour. Boil three minutes. Without lifting the cover, place in the Caloric for three or four hours, using one radiator.

Pot Roast—For four or five pound rump roast of beef. Place in iron kettle two tablespoons of suet. When melted, brown the roast in the fat. Remove the meat to the Caloric kettle and cover with boiling water. Boil slowly thirty minutes, with a little salt. Without removing the cover, place in the Caloric for four hours using one radiator. Add a little of the liquor to the fat, and place the meat in and brown for a few minutes over flame stove. Thicken the gravy with flour. The liquor can be used for soup.

Boiled Tongue—Wash a fresh tongue of about three pounds and place in a kettle of slightly salted boiling water. Boil gently 30 minutes, skimming the scum, and for the last 15 minutes keep the cover on tight. Then remove to Caloric, and allow it to remain six or eight hours, using one radiator. It is a good plan to prepare it before retiring and let it remain in the Caloric over night. In the morning remove from liquor, press between plates and peel the skin off and serve in slices on platter. If the tongue is corned, it should be well soaked for several hours in cold water before boiling.

For Roast Beef, Veal or Mutton—Follow the recipe for roast lamb.

VEAL.

Veal Rolls—About a pound and a half of veal steak off the ham, less than one-half inch thick, cut in pieces four inches square. Season with salt and pepper. A sufficient quantity of salt pork, cut in strips about the size of little finger and wrap veal around it, fasten with a tooth-pick, roll in flour, brown in butter. Add to butter left in pan, flour to thicken, and about one pint of milk. Let it boil up, and then pour over the rolls, which have already been placed in one of the Caloric kettles. Let it heat, and put away in the Caloric for about four hours. Mushrooms can be added to gravy when ready to serve, and makes a very delicious dish.

Curry of Mutton or Veal—Fry one large onion cut fine, in one heaping tablespoon of butter. Mix one tablespoon of curry powder, one teaspoon of salt, one tablespoon of flour, and stir into the butter and onion. Add gradually one pint of hot water or stock. Cut two pounds of lean mutton in small pieces, and brown them in hot fat. Add them to the sauce, and boil them altogether five minutes. Remove to the Caloric for four or five hours, using one radiator. Place the meat on a hot platter and arrange a border of boiled rice.

Roasted Leg of Veal—Rub veal (from leg) with salt and pepper and let it stand for half an hour. Heat in kettle

CALORIC BOOK OF RECIPES.

two tablespoons of butter into which put the meat. Brown it on all sides. To this add two or three tablespoons of water or stock. Put kettle without cover into Caloric using hot stones underneath and on top of kettle. (One hour.)

Veal Roast Larded—Rub veal with salt and pepper and let it stand for half an hour. Then lard the meat nicely with thin strips of fat bacon. Heat a piece of butter in your kettle into which put the meat. Brown it on all sides. Dissolve a little flour in water. Add this to the meat and let it boil together for five minutes. Put in the Caloric without cover on kettle but using the two hot stones. (One hour.)

Veal Roast With Sweet Cream Gravy—Rub quite a piece of veal with salt and pepper. Heat piece of butter in your kettle. Into this put several large slices of bacon. Put meat on top of these, let it fry from eight to ten minutes without turning it, until the bacon becomes light yellow, but not brown. Dissolve one tablespoon of cornstarch in one cup of sweet cream. Add this to the meat and let cook together for five minutes. Place kettle without cover in Caloric and use two hot stones. (One and one-half to two hours.)

Veal Roast (back or breast piece)—Rub meat with salt and pepper and let it stand for one hour. Brown it in butter on all sides. Add a few tablespoons of water. Put into Caloric and use both hot stones. (One and one-half to two hours.)

Veal in Caper Gravy and Cream—Rub $2\frac{1}{4}$ to $3\frac{1}{4}$ pounds of veal with salt and pepper. (Shoulderpiece or leg.) Melt

CALORIC BOOK OF RECIPES.

two tablespoons of butter or meat fryings in your kettle, put in the meat and turn it several times but do not let it get brown. Then add one teaspoon of capers. Dissolve one tablespoon of flour in one-half cup of thick sour cream, pour this on the meat and let it boil five minutes. Put the kettle with cover on into the Caloric. (1¼ hours.)

Rolled Calfs Breast—Have all bones taken out of the meat and rub it with salt and pepper. Prepare the following dressing: Grind one-half pound of veal, one-fifth pound of fat smoked ham, a medium sized onion, four or five boned sardines, and parsley. To this add one egg, two tablespoons sour cream, and five or six tablespoons of bread crumbs. Mix well. Spread this dressing evenly on the meat, roll up same and tie it well. Brown meat in butter. Add one-half cup stock. Put into Caloric two hours. Use two radiators.

Steamed Calfs Breast—Rub 2½ to 3¼ pounds of veal with salt and pepper and let it stand for half an hour. Roll it thickly in flour. Fry it in kettle with hot butter to a light yellow. Add one-half cup of hot water. Place kettle without cover in Caloric, using two hot radiators. (Cooking time 1½ hours.)

Veal in Highly Seasoned Gravy—Divide 2¼ to 3¼ pounds of veal in four or five parts and rub them with salt and pepper. Heat in your kettle 1 to 1½ tablespoons of butter or meat fryings. Put meat into this and let it become nice and yellow. To this add several tablespoons of either sour or sweet cream, three finely chopped sardines, three teaspoons of French mustard, one-half teaspoon sugar and if one

CALORIC BOOK OF RECIPES.

likes it, a piece of lemon rind. Cover the kettle and let the whole cook for ten minutes. Put into the Caloric. (One hour.) Serve macaroni with it.

Veal in Light Gravy with Parsley—Rub veal with salt and pepper. Melt in your kettle piece of very fresh butter. Put meat into this and turn several times. Now add right away one cup of stock or cup boiling water with some meat extract. Then add one teaspoon chopped parsley and one-half tablespoon of flour dissolved in water. Boil a moment and put in Caloric, with cover on kettle. (One to one and one-half hours.)

Veal with Tomatoes—Cut about three pounds of veal in several pieces and rub them with salt. Heat one or two tablespoons of butter or meat fryings in kettle, put in the meat and turn it once, now add one onion, three or four tomatoes, one carrot, and a piece of celery root. (All those things must be cut up.) Add three or four tablespoons of sour cream and a little vinegar, and let the whole cook for five minutes. Place the closed kettle in the Caloric one hour. Before serving add one tablespoon of flour dissolved in sour cream.

Veal Gulash—Cut $2\frac{1}{4}$ pounds of veal in cubes and salt them. Heat in kettle some meat fryings or butter, to which add two large sliced onions, cook these for a few minutes, they must stay white. Now put in the meat, one teaspoon of paprika and stir through well. Let it cook for five minutes. Sprinkle a little flour over the meat and add several tablespoons of water. Put closed kettle into the Caloric. (45 minutes.)

CALORIC BOOK OF RECIPES.

Veal Loaf, No. 1—Three pounds of veal chopped fine, mix four crackers rolled fine, butter the size of an egg, three eggs, three tablespoons sweet milk, one large tablespoon salt, one-half teaspoon pepper, one tablespoon sage, mix all together and form into a loaf. Bake three hours in Caloric, using both hot radiators. This makes a nice loaf and is fine either hot or cold.

Veal Loaf No. 2— $1\frac{1}{2}$ pounds of veal chopped fine, one-fourth pound of pork chopped fine, ten crackers rolled fine, three eggs well beaten, cream or milk enough to moisten, salt, pepper and sage to suit. Bake $3\frac{1}{2}$ hours in Caloric, using both hot radiators.

Veal Loaf, No. 3—Three pounds lean veal, $1\frac{1}{2}$ pounds raw ham, three eggs well beaten, three soda crackers rolled fine, one teaspoon salt, one-half teaspoon pepper, three tablespoons cream, three tablespoons boiling water, mix all thoroughly, grease a pan well, pack and press well, cover and bake two hours in Caloric. Uncover and bake one hour. Serve either hot or cold. This will serve eight people and is delicious.

Veal with Rice—Boil one-half cup of rice in salt water till soft (one can do this the day previous). Cut $2\frac{1}{4}$ to $3\frac{1}{4}$ pounds of veal in cubes. Heat in kettle two tablespoons of butter, to this add the meat and a sliced onion. Leave it until nice and yellow. Now add the rice, which has been thinned with six tablespoons of water to which is added meat extract. You may add a little grated parmesan cheese. Let the whole cook for a few minutes. Put the closed kettle in Caloric. (45 minutes.)

CALORIC BOOK OF RECIPES.

Veal with Mustard Pickles—Cut into small pieces $2\frac{1}{4}$ pounds of veal (bones left on) salt them a little. Heat in kettle a piece of butter or meat fryings, but be careful not to get it brown, to this add a sliced onion and two or three tablespoons of flour. Cook this until yellow stirring it all the while. Now put in the meat and let it cook five minutes, turning it occasionally. Pour to it $1\frac{1}{2}$ or 2 cups of stock, or hot water with some meat extract. Add one bay leaf, pinch of pepper and one cup of mustard pickles cut in cubes, let the whole cook for five minutes. Put the closed kettle into the Caloric. ($1\frac{1}{4}$ hours.)

LAMB AND MUTTON.

Roast Lamb—Take a small leg of lamb, sear all over in hot skillet. Place in oven in roaster; season with salt and pepper. Have the oven hot and turn often and roast for ten minutes. Place in Caloric kettle and remove directly to Caloric, using both hot radiators. Thicken liquor in roasting pan with flour for the gravy.

Lamb With Dressing—(Take the forequarter.) Make a dressing as you would for veal or fowl. Part the meaty skin from the ribs, and fill the space with dressing, sew up the opening. Before putting in the dressing, rub salt and pepper. Brown the meat in plenty of butter. In doing this be careful that the side that has the dressing does not burst open. When meat is brown, put that side up. Put the open kettle into the Caloric, using both hot radiators, two hours.

Boiled Leg of Lamb—Put the leg into kettle, cover with fast boiling water slightly salted and boil hard for ten minutes. Skim the scum that rises and then reduce heat to just a boil and boil gently for 20 minutes more. Then place in Caloric without lifting cover, using one radiator. In three hours it will be nicely cooked. Remove from liquor to hot plate; run knife through to let blood escape, and it is ready to serve. A mint or caper sauce should be served with it.

CALORIC BOOK OF RECIPES.

Braised Mutton Chops—Heat two tablespoons of drippings in frying pan and fry a slice or two of onion, celery or carrot. Then brown the chops quickly on each side; place onions on rack and lay the chops on top. Pour over fat from pan. Add two cups of boiling water and bring to a boil for five minutes. Place in Caloric and leave one and one-half hours or more, using one radiator. Serve on hot platter, garnish with parsley.

Roast Lamb—Cut meat into small pieces and rub with salt and pepper and let them stand for half an hour. Brown the meat in plenty of butter. Put the open kettle into the Caloric, using both hot radiators 1½ hours.

Boiled Leg of Mutton—Should be boiled the same as a leg of lamb, placed in the Caloric without removing cover and left to cook there two or three hours and then served on a hot plate. The knife should be run through before serving to allow the blood to escape.

Lambs Tongues Boiled—Put six tongues in salted water, with the juice of a lemon. Boil five minutes. Remove to the Caloric for six or eight hours. Serve cold, with tarter sauce.

Sheeps Tongues Braised—Wash, dredge with flour and salt, and brown in salt pork fat, with one or two minced onions. Put them in a pan with water or stock to cover. Add one sprig of parsley, a little salt and pepper. Cover and boil twenty minutes. Remove to the Caloric for four hours, using one radiator. Remove the skins, trim neatly at the roots. Place a mound of spinach in the center of the dish. Arrange

CALORIC BOOK OF RECIPES.

the tongues around the spinach. Alternate with diamonds of fried bread.

Gulash Made of Lamb—Cut two pounds of meat from the leg into cubes, mix salt with them and let stand for 15 minutes. Sprinkle two tablespoons of flour over the meat and shake it well. Cook two large, thinly sliced onions in one tablespoon of butter until they are yellow. Into this put the meat, with a half teaspoon of paprica, and a little white pepper, and cook for a few minutes. Put the tightly covered kettle into the Caloric one hour. Serve mashed potatoes with it.

Lamb Roast—Rub with salt. Brown it in butter or meat fryings. Add several tablespoons of water and two onions (if desired), stir occasionally and let it cool till the juice and onion make a somewhat thick gravy. Put kettle into the Caloric using both radiators, two hours. You may put eight or ten small raw potatoes around the meat when you put it in the Caloric.

Boiled Lamb—Put lamb (leg or shoulder piece) into two quarts of boiling water. Add salt, and let it boil for ten minutes. Then put the tightly covered kettle into the Caloric one and one-half to two hours.

Leg of Lamb a la Venaison—Cut off all the fat from a leg of lamb and rub it with salt and pepper. Put it in vinegar to which have been added the following ingredients: peppercorns, some cloves, two sliced onions, one carrot, one bay leaf, several slices of lemon, and a little sugar. Leave the meat in this for four or five days. When ready to use take it out, drain

CALORIC BOOK OF RECIPES.

well and lard thickly with bacon. Brown it in butter. After this add a small portion of the spiced vinegar, two large onions, (not those already used in the vinegar) a few juniper-berries and a few capers. Cook the meat now for one-fourth of an hour and during this time add at intervals (one by one) five or six tablespoons of sour cream. Dissolve two tablespoons of flour in some of the spiced vinegar and pour this slowly to the meat; you may add a little more sugar if you like the taste. Put the tightly covered kettle into the Caloric and cook two to two and one-half hours.

Stewed Lamb Chops—Rub with salt and pepper lamb chops. Heat two tablespoons of butter. Into this put the chops (also, if desired, two large, very thinly sliced onions) and let the chops steam in their own juice, turning them occasionally, for eight or ten minutes. Should the onions stick to the kettle, sprinkle a little water over them. Place one-half tablespoon of flour over the chops and turn them once more. Put the tightly covered kettle into the Caloric one hour.

Lamb in Light Gravy—Cut two pounds of lamb (back) in pieces and rub them with salt and pepper. Just melt one tablespoon of very fresh butter. Put meat into it and turn once. Add right away one cup of broth, which may be made of water and meat extract. Mix two tablespoons of flour in four tablespoons of sour cream and pour this slowly to the meat. Let it boil a second. Put the tightly closed kettle into the Caloric one and one-fourth hours.

Another Recipe for Leg of Mutton—That very homely dish, a boiled leg of mutton, is excellent cooked in the Caloric.

CALORIC BOOK OF RECIPES.

washed several times in cold water, three to four tablespoons of strained, stewed tomatoes and enough water, to which has been added meat extract, so that the meat and rice are covered nicely. Let the whole cook five minutes more. Put this into the Caloric using one hot stone. (45 minutes.)

Veal Croquettes—Put two pounds of veal in kettle with enough boiling water to cover. Boil five minutes. Remove to the Caloric for three hours. Chop fine and season highly with salt, pepper, celery salt, paprica and lemon juice. Use one and one-half cups of veal with one cup of thick cream dressing. Shape in cylinders. When cool roll in egg and bread crumbs and fry in hot lard.

PORK.

Roast Pork—Rub pork with salt and pepper. Heat one tablespoon of butter in your kettle and in this brown the meat from all sides, turning it occasionally, for 10 to 15 minutes. During this time add once in a while a tablespoon of water. Put the kettle into the Caloric using both stones. (Cooking time depends on the size of meat, from 1½ to 3 hours.)

Pork Ham with Cream Gravy—Remove all the skin and fat from a piece of pork ham. Rub it with salt and pepper and let it stand in some good vinegar for 24 hours. When ready take it out and drain. Brown it lightly in kettle in 1½ tablespoons of butter. Add part of the vinegar, a large sliced onion, 10 or 12 peppercorns, carrot, teaspoon of capers, a little sugar and 2¾ tablespoons of sour cream. Let it stew with kettle covered for 15 minutes. Put into Caloric using two hot stones. In fixing the gravy after the meat is done add thickening of one tablespoon of sour cream. Add also a little meat extract. (Cooking time two hours.)

Pork with Rice and Tomatoes—Cut 2¾ pounds of pork (from ham) into large cubes, sprinkle salt over them and turn them in flour. Heat in vessel piece of butter or meat fryings. Then put in the meat and let it cook a few minutes, turning it occasionally. Now add one cup of rice which has been

CALORIC BOOK OF RECIPES.

Trim the leg well and put it into the big kettle of boiling water. Let it boil about ten minutes, then add one tablespoon of salt and two or three peppercorns. If you like the flavor, a tiny piece of mace, of bay leaf and two or three cloves may be added. Now put kettle into Caloric, using one hot stone. In three or four hours it should be ready to be served with caper sauce.

Pigs Feet—Use the hocks, singe them, scrape and wash them thoroughly. Cover with cold water. Boil five minutes, then remove to the Caloric for eight hours. When done take one-half pint of vinegar, one small onion, one bay leaf, a few whole cloves, and boil 15 minutes, and add to the pigs feet. Heat all together. They are ready to serve.

CHICKEN.

Roasted Chicken—Rub the inside and outside of the chicken with salt and let it stand for half an hour to an hour. Brown one tablespoon of butter in a kettle or basin. Brown the chicken in this on all sides. Should the butter become too brown, sprinkle a little water over it, this will evaporate quickly and will hinder it from burning. You may repeat this a few times. Put the chicken into the Caloric using both radiators $1\frac{3}{4}$ hours.

Roasted Chicken Highly Seasoned—Rub chicken with salt. Heat butter, brown the chicken in this on all sides. Add the juice of half a lemon, a pinch of sugar, one teaspoon of capers, several tablespoons of sour cream, and let it cook for five minutes. Put the open kettle into the Caloric and use both radiators $1\frac{1}{2}$ hours.

Boiled Chicken—Wipe chicken, singe and cut for serving. Place in kettle of slightly salted boiling water. It is nice to boil a small piece of fat bacon with the chicken. Boil for ten minutes and skim all the scum that rises. Then add a handful of rice and a cup of milk and more salt if needed. Boil gently for one-half hour, with cover on. Place in Caloric without removing cover and allow it to remain two hours if the chicken is young, or three or four hours if it is an old

CALORIC BOOK OF RECIPES.

one, using one radiator. Serve on platter with a gravy made from liquor and seasoned with chopped parsley, celery or thyme and hard boiled eggs.

Fricasseed Chicken—Dress, clean and cut for serving. Flour and salt slightly. Brown quickly in butter over a hot fire; cover with boiling water and boil gently for one-half hour. Then place in Caloric without removing cover and leave for three hours. Take from Caloric and make gravy with liquor by adding one tablespoon of flour, rubbed smooth in one-half cup of milk; salt and pepper to taste. Let it come to a boil on stove and serve at once with hot biscuit.

Simple Chicken Fricassee—Cut the chicken into six or eight parts and salt these lightly. Melt one tablespoon of butter. Put the chicken into the butter when it commences to bubble. Turn meat but once and add at once one cup of broth (this may be made of water and meat extract.) Then add one teaspoon of finely chopped parsley, (a piece of lemon peel if so desired), $1\frac{1}{2}$ tablespoons of flour stirred up in cold water. Put the tightly covered kettle into the Caloric one hour.

Cream Chicken—Take one large chicken, or six pounds, and four sweet-breads. Cover with boiling water, boil 15 minutes. Remove to the Caloric for three hours, using one radiator. If chicken is old leave longer. Remove meat from the bones and skin from sweet-breads. Cut into small cubes. In a double boiler put one quart of cream. In a small sauce pan put four tablespoons of butter and five even ones of flour. Stir until blended, and add to cream; when it thickens, sea-

CALORIC BOOK OF RECIPES.

son with salt and pepper and paprica and a little onion juice, if desired. Add salt and pepper to the meat and put with the cream with one can of mushrooms. Put in baking dish, cover with bread crumbs and bits of butter, bake 20 minutes in oven, or half an hour in Caloric, using both hot radiators.

To Fry Old Chicken—Singe and cut up in small pieces. Place in Caloric kettle. Cover with boiling water, add a little salt and boil five minutes. Remove to the Caloric for four or five hours, or over night. Leave in liquor until ready to serve, then brown in butter, season with salt and pepper. Serve with mushroom sauce.

Chicken Pie—Take one chicken and two pounds of veal, cover with boiling water; boil 15 minutes. Then remove to Caloric for five or six hours. When done remove the bones and cut into rather small pieces. Put in baking dish, cover with the gravy, which has been thickened and seasoned with salt, pepper and paprica. Cut into slices two or three hard boiled eggs and put in with the meat. Cover with a rich biscuit crust and bake in oven, or in Caloric, using both stones sizzling hot.

Cream Chicken Stew—Singe, clean, and cut up ready to serve a three pound chicken. Cover with boiling water and boil slowly for 20 minutes. Remove the chicken, and add to the liquor one cup of sweet cream; season with salt, pepper and paprica, and thicken with a little flour; add the chicken and boil three minutes. Remove to the Caloric for two or more hours, using one radiator. When ready to serve add a little chopped parsley.

CALORIC BOOK OF RECIPES.

Chicken Curry—Clean, singe, and cut three pound chicken for serving. Put one-third cup of butter in a hot frying pan. Add the chicken and cook ten minutes. Chop the giblets, and two small onions. Add two teaspoons of salt, one teaspoon vinegar, one tablespoon of curry powder. Add together, and cover with boiling water. Boil five minutes without removing the cover. Place in the Caloric for four hours, using one radiator. When ready to serve, remove the chicken. Thicken the liquid with flour. Strain, and pour over the chicken. Garnish with border of rice.

Chicken Southern Style—Clean, singe, and cut in pieces for serving, two young chickens. Season with salt and pepper and fry in butter. Remove seeds from eight red peppers. Cover with boiling water and cook until soft. Mash and rub through a sieve. Add one teaspoon of salt, one onion, two cloves of garlic finely chopped. Add this to the chicken and cover with boiling water. Boil five minutes without lifting the cover; remove to the Caloric for two hours or more, using one radiator. When ready to serve remove the chicken and thicken with three tablespoons of butter and flour rubbed together.

Pickled Chicken—Boil two chickens in Caloric until tender enough for the meat to fall off the bones. Put the meat into a stone jar and pour over it one pint and a half of good cold cider vinegar with which has been mixed half of the water in which the chickens were boiled, add a few whole spices if desired. This will be ready in two days and is good for luncheon or supper.

Boiled Turkey—An old turkey may be cooked in from six to eight hours. If especially old it may be taken out and re-heated after about four hours. In this case the seasoning may be added at the second heating. The turkey should be stuffed as usual, then put into the kettle and boiling water poured upon it until it is completely covered. Then take it out and replace the boiling water with tepid water and put the turkey in—heat slowly and when boiling put it into the Caloric. When re-heating, add one tablespoon of salt and a few peppercorns. When tender, put on a platter, spread all over with butter and put into the oven until butter is melted. Serve with a drawn butter sauce filled with oysters, or with the liver and giblets chopped fine. Caper sauce is delicious with boiled turkey.

Caper Sauce—Two tablespoons of butter, three tablespoons of flour, one-quarter teaspoon each of salt and paprika and one-half teaspoon of onion juice. When this is cooked add $1\frac{1}{2}$ cups of boiling water, one tablespoon of butter cut into bits, one tablespoon of parsley and four tablespoons of capers.

Fricassed Turkey—The remains of cold roast turkey are cut into neat slices. Place the bones and trimmings in a Caloric kettle with a bunch of savory herbs, an onion, a little lemon peel, pepper and salt, and one pint of water. Put on the stove and boil five minutes. Remove to the Caloric for two hours, using one radiator. Then strain and lay in the pieces of turkey. When warmed through, beat the yolk of an egg with two tablespoons of cream. Add slowly to the mixture, and when it thickens it is ready to serve.

GAME AND WILD FOWL.

Partridge—Dress and wash, rub with salt. Heat two tablespoons of butter and brown the fowl on both sides in this. Should the butter become too dark, sprinkle a little water over it. After the partridges are brown, add several tablespoons of broth. Put open kettle into Caloric and use both hot stones. If fowl is young allow one hour, otherwise one and one half cooking.

Pigeons Roasted Hunter's Style—Rub three or four pigeons with salt. Tie a piece of bacon over breast. Heat in kettle two tablespoons of butter and brown the pigeons on all sides (if necessary sprinkle a little water over the butter while browning). Put the kettle into the Caloric using both hot stones 1½ hours.

Pigeons, Roasted, Stuffed—Rub the pigeons inside and outside with salt and let them stand for half an hour. Make a filling. (This recipe is for two pigeons.) Stir one tablespoon of butter together with one egg, add salt, pepper, nutmeg, finely chopped parsley, (lemon peel if you like it) and three or four tablespoons of cracker crumbs. Let this stand for eight or ten minutes. Add milk enough to make a light dressing. The dressing will be improved by adding finely chopped giblets. Fill the pigeon with this dressing. For do-

ing this reach under the skin at the neck down to the breast and put in the filling with a teaspoon. Tie securely with twine. Heat butter in the kettle and brown the pigeons on all sides. This must be done carefully; should the butter become too dark sprinkle a little water over it, this hinders the butter from burning and may be repeated a few times. Be careful not to prick the part which is filled with the dressing. Put the kettle into the Caloric using both hot stones 1¾ hours.

Pigeons a la Venaison—Rub the pigeons with salt and soak them for 24 hours in vinegar and water (half and half). Drain them and tie slices of bacon all around them. Heat in a small kettle butter and brown pigeons in it on all sides. Then add a little vinegar and water, they were soaked in, one large sliced onion, carrot, bay leaf, lemon peel, peppercorns, pinch of sugar. Mix some flour with sour cream and stir this slowly into the boiling gravy. Put the tightly covered kettle into the Caloric one hour.

Pigeons Cooked in Vinegar—Cut the pigeons in half and salt them lightly. Bring vinegar with onions, peppercorns, and cloves to a boil. Into this put the pigeons and let them boil a moment. Time same as in previous recipe.

Fricassee Venison—Into a sauce pan put one tablespoon of butter. Let it melt and brown. Slowly add one tablespoon of flour, stir until perfectly smooth. Add to this one tablespoon each of celery, onion, tomato, and one pint of stock, one pound of venison steak cut in narrow strips. Let the whole boil twenty minutes. Remove without lifting the cover to the Caloric for five or six hours, using one radiator. When

CALORIC BOOK OF RECIPES.

ready to serve, season with salt, pepper and paprika and Worcester sauce.

Escaloped Chicken—Remove the meat from one chicken well cooked and place alternately in layers bread crumbs and mashed potatoes and pour hot milk, one-half pint if necessary, and put into Caloric $1\frac{1}{2}$ hours, using both hot stones. This is fine.

German Fireless Cookstove's Household Fare—Make a noodle dough of three eggs and the necessary flour. Divide into three or four parts and roll out each part, not too thin. When dough is dried off, cut it into strips a finger broad. Cut one pound of beef filet or else one pound of lean, tender pork into cubes. Chop coarsely two or three parsley roots, a few yellow carrots, one medium sized onion. Cut about two ounces of bacon into little cubes and some butter into tiny pieces. Bring water to a boil. Into this put the noodles, with some salt, and let them boil for ten minutes. Strain off the water and let them cool. Grease a kettle thickly with butter; into it put a layer of meat, layer of vegetables, layer of noodles, etc., until all is used up. Sprinkle salt, paprika, a few bacon cubes and pieces of butter on each layer. Pour one-half cup of water over it and let boil for five minutes. Put the covered kettle into Caloric with one hot radiator underneath. This dish is very piquant and healthy. Cooking time $1\frac{1}{2}$ hours. Before serving stir through very carefully.

FISH.

Fish is a food that may be cooked easily over a blaze, but this is for such cases when one wishes to find the meal ready when arriving home. Fish does not become soft nor fall to pieces by standing a considerable length of time in the Caloric.

Boiled Fish—Roll the fish in cheese cloth and tie the ends. Lower into a Caloric kettle of boiling water, to which has been added the juice of half a lemon and a little salt. Boil five minutes. Remove to the Caloric for two or three hours. Drain and unroll from the cloth on to a platter. Garnish with parsley and slices of lemon, and serve with drawn butter sauce.

Cod Fish Balls—Shred one cup of cod fish. Pare and cut into cubes one pint of potatoes. Put potatoes and cod fish in kettle together, cover with boiling water, boil five minutes. Remove to Caloric for three hours. Drain well, mash and beat until very light. Add two teaspoons of butter, one egg well beaten, one-fourth saltspoon of pepper, more salt if needed. Drop by tablespoonfuls in hot fat.

Escalloped Salmon—Take one can salmon, place in a baking dish one layer of salmon, then sprinkle about one tablespoon of flour, small pieces of butter, dash of pepper and salt,

CALORIC BOOK OF RECIPES.

and then another layer of fish and so on until the dish is full, cover with cracker crumbs and heat and place in Caloric about one hour using hot radiators. This is very fine. Try it.

Escalloped Salmon No. 2—Take one-half pint of milk and thicken quite thick, season well with salt, pepper and butter and place alternately a layer of fish, then dressing, sprinkle toasted bread crumbs on top and place in Caloric one hour to bake, using both hot stones.

Escalloped Oysters—Take one pint oysters, one quart of milk, place on stove and let come to a boil, then thicken and season well, then put into Caloric and place small biscuit on top and bake one-half hour with both hot radiators. This is very delicious.

Egg Sauce for Fish—Melt in a sauce pan one heaping tablespoon of butter. Blend with this one tablespoon of flour. Then add gradually one cup of boiling water. Cook, stirring briskly until sufficiently thick. Add salt, pepper and paprika to taste. When ready to serve, cut into the sauce one hard boiled egg.

Drawn Butter Sauce—Melt three tablespoons of butter; add three tablespoons of flour; add slowly one and one-half cups of hot water until the sauce boils. Season with one-half teaspoon of salt. Serve with fish or lobster.

MIXED DISHES.

The so-called mixed dishes, where meat is cooked together with vegetables, potatoes, etc., are especially suitable for the Caloric.

Veal Gush With Potatoes—Cut veal (from hind leg) into cubes, salt them and sprinkle $1\frac{1}{2}$ tablespoons of flour over them. Heat two tablespoons of butter. To this add (if desired one thinly sliced onion and pinch of paprica,) and let it cook for a few minutes. Drop the meat in, also eight or ten raw potatoes cut up in small pieces(if potatoes are very small leave them whole.) Stir well. Place the covered kettle into the Caloric one and one-fourth hours.

Mutton With Onions and Potatoes—Rub three pounds of mutton chops with salt and pepper. Brown them in $1\frac{1}{2}$ tablespoons of butter. Then add one large, sliced onion, and let it cook until the onion is yellow. Cut into cubes eight or ten raw potatoes and add these to the meat. Mix everything well and lastly add two tablespoons of water and let the whole cook for five minutes. Place the covered kettle into the Caloric one and one-half hours.

Boiled Mutton and Potatoes—Wash $2\frac{1}{2}$ pounds of mutton from shoulder or leg and be careful to remove all the little

CALORIC BOOK OF RECIPES.

bone slivers that may stick to it. Bring two quarts of water to a boil, salt it for ten minutes. Add plenty of chopped carrots, celery, onions, pinch of pepper and 15 or 18 sliced raw potatoes and let it boil a moment. Large bones, those from which one need not fear any little bone splinters, may be cooked in the soup. Put covered kettle into the Caloric. Before serving, take out the meat and cut into slices. Crush the potatoes a little so that the whole makes a rather thick soup. 1½ to 1¾ hours.

Mutton With Turnips—Cut the turnips lengthwise into narrow strips. Heat in kettle two or three tablespoons of fryings or butter, add several teaspoons of sugar, brown this, stirring it all the while. Drop in the turnips, add salt and one-half cup of stock (which may be made of water with meat extract) let it boil a moment. Sprinkle over it two or three tablespoons of flour, stir thoroughly and add a little more stock or water. Put in the meat and cook for ten minutes. Place covered kettle in Caloric one and one-half hours.

Beef Tenderloin With Potatoes—Rub two pounds of beef-tenderloin with salt and pepper. Brown it in two tablespoons of butter. Add eight or ten raw potatoes which have been cut into little strips or dices, the necessary salt, stir up and let it cook for five minutes. Put tightly covered kettle into the Caloric one hour.

Hungarian Sauerkraut—Cook one small cup of rice in water until soft. One may do this the night before. Make a paste out of the rice, one pound of ground pork, one pound of ground beef, one egg, one onion, (cut up fine and cooked in

grease) salt and pepper. Heat three tablespoons of flour and cook until yellow. Into this put the sauerkraut, turn it several times and pour the necessary amount of water over it. Put the tightly covered kettle into the Caloric. After $1\frac{1}{2}$ hours, take kettle out and put it over a blaze. Heat the steatite radiator again. Make little oblong rolls from the meat paste. Then spread out the sauerkraut in kettle in such a way that you can fold the meat rolls entirely within the same. Put the tightly covered kettle into the Caloric. (Second cooking time one-half hour.)

Smoked Meat With Lentils—Wash and drain one pound of lentils. Cook two tablespoons of butter with flour until light yellow. Stir it smooth with stock, which may be made of water and meat extract. Into this put the lentils, with one-half quart of water, salt and also two or three pounds of smoked meat. One may add a little vinegar, if desired. Put the tightly covered kettle into the Caloric two hours.

Smoked Tongue or Corned Tongue—This is prepared the same as the smoked meat in the previous number. Time of cooking, $2\frac{1}{2}$ hours.

Chicken With Asparagus—Cut a young chicken into six or eight parts and salt these. Melt and cook until it commences to bubble one tablespoon of butter. Into this drop the meat with some pepper, turn pieces once and right away add one-half cup of stock. When it boils, add the tips of one pound of asparagus, (the lower part can be used for soup) let boil for five minutes. Put the tightly covered kettle into the Caloric. Before serving add a little flour mixed with sweet

milk, put kettle over blaze and let it come to a boil. Cooking time in Caloric $1\frac{1}{4}$ hours.

Veal With Onions, Paprica, Potatoes and Cream—Rub two pounds of veal (from hind leg) with salt. Heat two tablespoons of butter in which cook two large, thinly sliced onions and one-half teaspoon paprica for a few minutes. The onions must remain light and soft. Add two tablespoons of thick sour cream and bring it to a boil. Cook the meat in this for five minutes turning occasionally. Add eight or ten raw potatoes, cut up into cubes, and a little salt. Put the tightly covered kettle into the Caloric for $1\frac{1}{4}$ hours.

Veal With Vegetable Oysters—Cook one pound of vegetable oysters in salt water, and lay them aside. Melt two tablespoons of butter. Into this put two pounds of veal, turn it several times, but do not brown it. Add one-fourth quart of water or stock, mixed with $2\frac{1}{2}$ tablespoons of flour, the vegetable oysters and let cook for five minutes. Put the tightly covered kettle into the Caloric $1\frac{1}{4}$ hours.

Veal With Asparagus—This is prepared like vegetable oysters, except that one boils the asparagus only fifteen minutes beforehand. Cooking time in Caloric $1\frac{1}{4}$ hours.

An Old Fowl With Vermicelli—Divide a fowl into two or four parts. Bring $1\frac{1}{2}$ quarts of water to a boil, into which put the meat, salt and vegetables for seasoning. One may also add a little piece of soup meat and some bones, let boil for 15 minutes. Put the tightly covered kettle into the Caloric for three hours. After this, take out the meat, strain the soup, put it

CALORIC BOOK OF RECIPES.

over the blaze again and cook vermicelli in it. Put meat back into soup again and keep hot in Caloric.

Old Fowl With Rice—The process is the same as in previous recipe. After cooking the rice in the soup, heat the radiator for the Caloric again. Put soup with rice and chicken back again for 45 minutes.

Chicken With Peas—Divide the young chicken into six or eight parts and salt these. Take two handfuls of young, tender peas in the pods and cut these into diagonal pieces. Heat slightly $1\frac{1}{2}$ tablespoons of butter into which put meat and peas and let cook a few minutes. Mix $1\frac{1}{2}$ tablespoons of flour with broth and pour this over meat. Put the tightly covered kettle into Caloric one hour.

Chicken With Mushrooms—Is prepared the same as chicken with peas. Cut the mushrooms into fine pieces.

Boiled Dinner—Place in kettle three pounds of corned beef or ham. Cover with cold water. Let it boil slowly for 20 minutes. Then add a small head of cabbage, a few carrots, turnips and potatoes. Boil five minutes. Without removing the cover, place in the Caloric for four hours or more, using one radiator.

Boiled Beef Tongue—Wash the tongue thoroughly, rub off with salt and wash it again. Bring water, to which have been added vegetables and salt for seasoning, to a boil and let the tongue cook in it for 15 minutes. Put the tightly covered kettle into Caloric $2\frac{1}{2}$ hours. When tongue is soft, take out

of the liquid and remove the skin. It is very good to serve thinly sliced with any kind of vegetables.

Beef Tongue Boiled and Browned—Boil tongue as described in previous number. Skin and slice it (slice must not be too thin). Heat butter in a shallow spider and brown the slices quickly on both sides in it.

Boiled Calf's or Swine's Tongue—Put the thoroughly cleansed tongue into boiling water with salt and vegetables for seasoning. Let boil for 10 minutes. Put the tightly covered kettle into Caloric $1\frac{1}{2}$ hours. Use tongues the same way as beef tongues.

Meat Dumplings With Beans—Chop one-half pound each of beef and pork. Beat well together one tablespoon of butter and one egg, add sliced onion cooked soft in butter, salt, pepper, and one cup of bread crumbs and mix well with the meat. Cut one and one-half pounds of young, green beans into little diagonal pieces. Heat in kettle two tablespoons of butter, put beans into it with a little salt and summer savory. Cook them a few minutes, stirring them constantly. Add some stock and a little vinegar to taste. Sprinkle two or three tablespoons of flour over beans. After they have boiled a few minutes, push beans all into the center of the kettle. Form little oblong rolls of the dough and put these all around the beans. Let boil five minutes. Put covered kettle into Caloric with one hot stone underneath. ($1\frac{1}{2}$ hours.) In serving, arrange dumplings all around the beans on a platter.

SOUPS.

The foundation of all soups is the juice or extract of meat, poultry, game, fish or vegetables. The bones of meat are especially rich in nutriment that goes to make up a wholesome and palatable soup. The meat or bones for soup cost but little and by using the Caloric the real expense of the dish, the long cooking over the fire, is done away with and it becomes one of the most economical as well as nutritious of foods.

Stock—Take two pounds of the hind shin of beef. Wash and cut in small pieces. Add three quarts of cold water, six whole cloves, six pepper corns, one bay leaf, one sprig of parsley, one small onion, small piece of turnip and carrot. Put on the stove and boil fifteen minutes slowly. Then remove to the Caloric for six or eight hours. Strain through a colander. When cold remove every particle of fat. Use this stock for making different kinds of soup. It will keep several days.

Mutton Broth—Select the neck for the broth; wash well in cold water; cut in pieces and put in kettle with two quarts of water. Bring slowly to a boil, skim and boil gently for fifteen minutes. Add an onion, turnip, celery, carrot, bay leaf and pepper. Boil ten minutes longer with cover on; then place in Caloric without lifting cover and leave four hours or more,

CALORIC BOOK OF RECIPES.

using one radiator. Strain, season with salt and pepper. Barley or rice can be served with this soup by adding four tablespoons of either after skimming the scum off at first.

Chicken Soup—Save the liquor in which a chicken has been boiled. The following day take the carcass and crack in pieces. Place in kettle with liquor and add any gravy, dressing or trimmings that may be left from the fowl. Add four tablespoons of rice and bring slowly to a boil. Boil gently covered ten minutes; place in the Caloric and leave four hours or more, using one radiator. Strain, season with salt and pepper and serve.

Vegetable Soup—Take one small onion, one-half a carrot, small piece of turnip, small bunch of celery. Chop all fine, and add one cup of strained tomatoes, 1½ pint of stock, and one cup of water. Boil for five minutes, and remove to the Caloric for two hours, using one radiator. Season with salt, pepper and paprika and serve without straining.

Corn Soup—Put one can of corn in kettle, with one quart of milk. Boil five minutes. Remove to the Caloric for two hours or more. Fry one tablespoon of chopped onion in three tablespoons of butter. Add two tablespoons of flour and cook until smooth. Strain, and pour on this. Season with salt, pepper and paprika. Put in double boiler to keep hot, and just before serving add the yolks of two eggs well beaten.

Puree Du Barry—Chop six almonds fine, add to them a pint of potatoes cut in small cubes, two tablespoons of onion, two tablespoons of mashed rice, one teaspoon of parsley,

CALORIC BOOK OF RECIPES.

one teaspoon of grated nutmeg. Place the mixture in the Caloric kettle. Thicken with one tablespoon of flour. When well mixed, add three quarts of stock. Boil five minutes. Without lifting the cover, remove to the Caloric for two hours. Rub through a sieve. Reheat, add a teaspoon of salt, two cups of hot milk and serve.

Turtle Soup—Thoroughly clean the turtle. Put in kettle and cover with cold water. Let it come to a boil and skim. In a small bag tie one tablespoon of Tythme Marjory, and sweet basil; let it boil with the meat slowly for twenty minutes. Remove to the Caloric for five or six hours. Remove meat from the bones, and when cold cut in dice and return to the stock. Season with salt and pepper to taste. Brown some flour in oven, blend with butter and thicken the soup to the consistency of cream.

Boullion—Take three pounds of lean beef, cut in cubes, two quarts of cold water, one-half small onion, two bay leaves, a little celery. Boil five minutes. Remove to the Caloric for five or six hours. When cold remove fat. Before using drop in a little bag of cinnamon and cloves. Season with salt and pepper, and color with a tablespoon of caramel. Heat and serve.

Chicken Jelly or Broth—Clean a small chicken, disjoint and cut in small pieces. Remove the fat. Break or pound the bones. Dip the feet into boiling water, scald until the skin and nails will fall off. The feet contain gelatine, and when well cleaned may be used for jelly. Cover the meat, feet and bones with cold water. When it comes to a boil, boil ten minutes.

CALORIC BOOK OF RECIPES.

Without lifting the cover, remove to the Caloric for six hours, using one hot radiator. When cool, remove the fat. Season with salt, pepper and lemon juice. Add the shell and white of an egg. Put it over the fire and stir well until hot. Let it boil five minutes. Skim and strain through a fine napkin. Pour into small cups and cool, when intended for jelly. Serve hot, if intended for broth.

Green Pea Soup—Barely cover with boiling water one cup of fresh shelled peas; boil ten minutes and add two cups of boiling milk, one teaspoon of butter blended with one of flour. Salt and pepper, cover and bring to a boil. Place without lifting cover, in Caloric and leave two hours or more. Remove from box, strain through sieve. Add one cup of cream and serve.

Bean Soup—Wash and soak over night one quart of white beans. In the morning drain and place in a kettle with one and a half quart of boiling water, a few bits of fat meat, lean or salt pork, and one teaspoon of salt. Boil gently for five minutes. Place without lifting cover in Caloric and leave to develop four hours without radiator. Take from box, strain through fine sieve with one small onion cut up in small pieces and serve.

Cream of Celery Soup—Take three or four heads of celery, cut in small pieces, cover with cold water; bring slowly to a boil. Boil gently ten minutes covered, then without lifting the cover place in Caloric and leave two hours. Take from Caloric and drain. Take two tablespoons of butter and four tablespoons of flour; place on the stove and blend thoroughly.

CALORIC BOOK OF RECIPES.

Add three-fourths pint of cold milk and cook. Then add drained celery water and if stronger flavor is desired, press the cooked celery through a sieve. Season with salt and pepper.

Cream Chicken Soup—Take two quarts of chicken stock. Add one cup of chopped mushrooms, one tablespoon of chopped parsley; boil fifteen minutes slowly. Thicken with a little flour, season with salt, pepper and paprika, and just before serving add slowly one cup of rich cream.

Cream of Wheat Soup—Bring $1\frac{1}{2}$ quarts of stock to a boil. Add slowly, stirring constantly one-half cup of cream of wheat and let boil for a few minutes. Put covered kettle into the Caloric. Just before serving you may stir in a yolk of an egg. This, however, is not necessary. Cooking time one hour.

Rice Soup—Bring to a boil two quarts of stock, add three-fourths cup of good rice and let boil for five minutes (rice should be washed in cold water several times. It is not necessary to scald good rice). Put the covered kettle into the Caloric one hour.

Rice Soup With Green Peas—Cut a piece of bacon into small cubes, fry them in a small piece of butter until light yellow. Add some chopped parsley and onion, and cook for a few minutes. Then add half a cup of fresh green peas and half a cup of washed rice, and $1\frac{1}{2}$ quarts of stock and let boil for five minutes. Put the covered kettle into the Caloric one hour.

Rice Soup With Tomatoes—Take the seeds out of several tomatoes and stew them in very little water with one sliced onion. Rub them through a colander. Heat slightly two tablespoons of butter, put tomatoes and three-fourths cup of washed rice into this and let it cook for a few minutes, stirring all the time. Then add $1\frac{1}{2}$ quarts of stock. Let boil five minutes. Put the covered kettle into the Caloric one hour.

Asparagus Soup—Clean one pound of asparagus and cut in half finger long pieces. Melt 1 to $1\frac{1}{2}$ tablespoons of butter. When it commences to bubble add three tablespoons of flour, stir and add immediately as much stock as is wanted. Into this put the asparagus and boil five minutes. Put the covered kettle into the cooker $1\frac{1}{2}$ to $1\frac{3}{4}$ hours. When soup is done stir in yolk of an egg. Little cubes of bread toasted in butter put into the soup when it is served are nice.

Vegetable Oyster Soup—Is prepared the same as asparagus soup in above recipe.

Potato Soup With Curly Cabbage—Cut one slice, about one-third of an inch thick, of bacon into cubes, cut 10 to 12 raw potatoes into pieces, cut up fine one small head of curly cabbage, several carrots and celery. Bring two quarts of water to a boil, add the bacon, the cut vegetables, the necessary salt and let boil for five minutes. Time in Caloric $1\frac{1}{2}$ hours.

Spanish Soup—Melt one tablespoon of butter, put in about two ounces of bacon cut up in cubes and fry until yellow. Add a few pinches of paprica, salt, one chopped onion,

CALORIC BOOK OF RECIPES.

a little chopped parsley, cup of tomatoes, from which skins and seeds have been removed, a little chopped parsley root and celery. Stir well and let cook for five minutes. Add one-half pound each of raw mutton and beef, cut up into cubes, and let cook again for five minutes. One may also add half a chicken cut in small pieces. Then add hot water, stirring constantly. The amount of hot water depends on the quantity of soup one wants. Put covered kettle into Caloric one hour.

Apple Soup—Pare five or six good mellow cooking apples, take out core and cut them into small pieces. Bring to a boil $1\frac{1}{2}$ quarts of water. Put into this the apples, three-fourths cup of washed rice, sugar to taste, pinch of salt, piece of lemon peel and cinnamon bark. Let boil for five minutes. Put covered kettle into Caloric $1\frac{1}{2}$ hours. When soup is done rub it through a coarse colander.

Cream of Wheat Soup With Raisins—Bring to a boil $1\frac{1}{2}$ quarts of water, into which stir very slowly one-half cup of cream of wheat, add handful of raisins, piece of cinnamon bark, sugar to taste, pinch of salt, one tablespoon of butter; let it boil up. Put the covered kettle into the cooker one hour.

Soup of Rice and Milk—Bring to a boil $1\frac{1}{4}$ quarts of milk, add one cup of rice, piece of cinnamon bark, sugar to taste, pinch of salt and let it boil for five minutes. Put the covered kettle into Caloric $1\frac{1}{2}$ hours. If soup is too thick add a little milk before serving.

CALORIC SPECIALTIES.

The following dishes are specialties of the fireless cook-stove:

Boiled Ham—Cover ham with cold water, let it come to a boil and boil thirty minutes. Add a wine glass of sherry, and remove to the Caloric for six or eight hours, using one radiator. Take from the water, cut off the rind, stick whole cloves all over and bake one-half hour. Can be served without baking.

Roasted Veal With Asparagus—Boil eight or ten stalks of pared asparagus in salt water for 15 minutes. Take asparagus out and set it aside. Rub two pounds of veal, any kind of a piece, with salt and pepper. Heat in kettle two tablespoons of butter and brown the veal in it on all sides. If butter should become too brown, sprinkle a little water over it. Put asparagus beside or all around the meat. Put kettle into Caloric with one hot stone underneath and one on top. 1½ hours baking time. In serving, put asparagus around the meat.

Roasted Veal, Pork or Lamb With Potatoes—Heat in basin butter. Into this put the previously salted meat. Brown it, sprinkle a little water over it from time to time. Add

eight or ten raw, pared, whole, not too large potatoes. Let stew for a few minutes. Put into Caloric with one hot stone underneath and one on top. In serving put potatoes around the sliced roast. Bake one and one-half to two hours.

Veal With Green Peas and Dumplings—Stir together one tablespoon of butter and two eggs. Add salt, two tablespoons of milk, and bread crumbs to make a light dough. Put aside. Rub two pounds of veal with salt and pepper. Heat one tablespoon of butter in kettle, into which put the meat, turn it once and add immediately one cup of stock. Stir three tablespoons of flour smooth in water and add this slowly to the liquid. Let boil up. Shape little round dumplings of the paste you have put aside. Put these into the boiling liquid. Sprinkle one-half cup of green peas over the dumplings and let the whole boil a few minutes. Put the covered kettle into Caloric with one hot stone underneath. Before serving slice the meat and pour peas and dumplings over it. $1\frac{1}{4}$ hours cooking time.

Veal Gulash With Butter Dumplings—Stir well together two tablespoons of butter and three eggs. Add salt and enough flour to make a light dough and then set aside. Cut into cubes two or three pounds of veal (from shoulder, back or hind leg). Sprinkle salt and flour over meat. Melt two tablespoons of butter. Into this put one large, very finely cut up onion and one-half teaspoon of paprika, cook for a few minutes. Onion should stay white and soft. Add the cut up meat, stir through well and let the juices draw out for ten minutes. Add several tablespoons of stock or water. With a teaspoon

put little dumplings (of the dough that was set aside) into the liquid and let boil for five minutes. Put the covered kettle into Caloric with one hot stone underneath. Put Gulash and dumplings on one platter. One hour cooking time.

Veal (Piquant) With Bread Noodles—Make a dough of one egg and the necessary flour. Roll it out not too thin. After it has dried cut it into strips, the width of a finger. Rub moderately with salt two or three pounds of veal (shoulder piece or back). Heat in kettle $1\frac{1}{2}$ tablespoons of butter. Put meat into this and fry until yellow, turning it several times. Add two or three tablespoons of vinegar, one teaspoon of capers, pinch of pepper and sugar. Thicken with flour stirred up in cold water. Put noodles carefully on top of meat and let boil for ten minutes. Put covered kettle into Caloric with one hot stone underneath. ($1\frac{1}{4}$ hours.)

Roasted Chicken With Asparagus—Clean eight or ten stalks of asparagus, boil in salt water for 15 minutes. Take out of the water. Heat one tablespoon of butter in kettle and brown chicken in this on all sides. Sprinkle a little water over it from time to time to prevent the butter from burning. Put asparagus beside the chicken. Put kettle into Caloric with one hot stone underneath and one on top. Bake for $1\frac{1}{2}$ hours.

Chicken, Piquant With Butter Dumplings—Prepare a dough as directed in the third last recipe. Heat slightly in kettle one tablespoon of butter; into this put the chicken, cut up in two to four parts, turn it several times without browning it. Add three or four tablespoons of vinegar, a few

CALORIC BOOK OF RECIPES.

capers, little piece of lemon peel, one sliced onion, and pinch of sugar. Thicken with two tablespoons of flour stirred up in water. With spoon put little dumplings (of the dough that was put aside) into the boiling gravy. Let boil for five minutes. Put the covered kettle into Caloric with one hot stone underneath. (1¼ hours.) In serving, put chicken on a platter with dumplings all around. Pour strained gravy, to which has been added some meat extract over all.

Mutton Roasted in Browned Butter—Pare and cut into little long pieces five or six white turnips. Brown together one tablespoon of butter and two teaspoons of sugar. Put turnips into this. Turn them a few times and add one-half cup of stock or water, and salt. Sprinkle two or three tablespoons of flour over them and let them boil up. Put aside. Heat one tablespoon of drippings or butter. Put in two pounds of mutton from the leg, which has been rubbed with salt and pepper, and brown this on all sides. To this add the turnips and let the whole boil for five minutes. Put the covered kettle into Caloric with one hot stone underneath. (Two hours.)

Tomato Sauce for Meat—Take one-half pint of stewed and strained tomatoes, one onion, one bay leaf, and a little parsley. Cook 15 minutes. Melt two tablespoons of butter, add two tablespoons of flour, when bubbling, add tomato slowly. Season with one-half teaspoon salt, sprinkle of pepper, a little paprica. Cook until smooth and glossy.

Mushroom Sauce—Melt two tablespoons of butter, add two tablespoons of flour. When bubbling, add slowly three-fourths cup of milk, one-fourth cup of mushroom liquor. Sea-

CALORIC BOOK OF RECIPES.

son with salt, pepper and paprica and add one-fourth cup of chopped mushrooms. Heat and serve with steak.

White Sauce—Heat one pint of milk in double boiler. Put two tablespoons of butter in a sauce pan and stir until it melts and bubbles; be careful not to brown it. Add two tablespoons of flour and stir until well mixed. Pour in slowly the milk, stirring vigorously till perfectly smooth. Season with salt, pepper and paprica.

Omelette—Fry five or six very thin omelettes. Put on each a little melted butter, bread crumbs fried in butter, raisins, sugar and cinnamon. Roll up each omelette. Pour one-half cup of cream or milk over them and let them boil carefully for a few minutes. Put basin into the Caloric, and use one hot radiator underneath and crossbar with other hot radiator on top. (One hour.)

Omelette With Apples—Are prepared as described in above recipe. Before rolling up the omelette put on each one sliced apples stewed in sugar.

Omelette Noodles—Bake very thin omelettes and cut these into strips about a finger broad. Heat piece of butter in a basin. Put in strips of omelette, sprinkle sugar and cinnamon and pour one cup of milk over them. Let boil for a minute. Put basin into the cooker with two hot stones. Time three-fourths to one hour.

CEREALS.

The value of cereals as an article of food is admitted both from the standpoint of economy and nutrition. As a matter of fact, served with milk and sugar, they have the same food value as meat, but up to the present, however, the chief drawback to the more general use of cereals is the fact that they are generally not perfectly cooked. Almost without exception, the directions accompanying prepared cereals give too short a time for the cooking—it requires several hours to properly cook most cereals and make them digestible. For obvious reasons, however, on an ordinary flame stove, it is impracticable, and indeed almost impossible, to cook them the requisite length of time. In this one particular, the Caloric Fireless Cookstove is worth infinitely more than its cost. The Caloric thoroughly cooks every kernel, rendering them soft as jelly, yet preserving each perfectly whole. These general directions should be observed in cooking cereals, namely:

It is preferable to cook them in a double boiler, that is one vessel set in boiling water in a regular Caloric vessel; salt the water in the inner vessel, placing same directly over the fire. Stir in the cereal slowly and cook for five minutes; then place this vessel in the regular Caloric vessel, which should be well filled with boiling water, and continue the cooking a minute or two covered; then place the Caloric vessel enclosing the

CALORIC BOOK OF RECIPES.

inner one, in the Caloric without using a steatite radiator and leave for four hours or more. It is then ready to serve. Cereals for breakfast may be prepared just before retiring and left in the Caloric over night. They will ordinarily be sufficiently hot for serving for breakfast, but if not, they may be placed over the fire a minute or two, until the water in the outer vessel boils.

Quaker Oats—One small cup of oats, two and one-fourth cups of boiling water, one teaspoonful of salt. Have the salted water boiling directly over the fire. Stir the cereal in slowly with a fork; cook five minutes. Then place in boiler of hot water, cover, and cook a minute or two. Place in Caloric and leave four or five hours or more. If not sufficiently hot just before serving place over fire till the water boils and the cereal is steaming. Then serve with cream and sugar.

Rolled Wheat—One small cup of wheat, two and a half cups of water, one teaspoon of salt. Cook the same as Quaker Oats.

H. O.—One small cup of H. O., two and one-half cups of water, one teaspoon of salt. Cook the same as Quaker Oats.

Cream of Wheat—One small cup of wheat, four and one-half cups of water, one and one-half teaspoons of salt. Cook the same as Quaker Oats.

Cornmeal Mush—One small cup of meal, three and one-half cups of water, two teaspoons of salt. Mix the meal first with cold water till smooth, then add boiling water and cook the same as Quaker Oats.

CALORIC BOOK OF RECIPES.

Old Fashioned Oatmeal—One small cup of oatmeal, three and one-half cups of water, one and one-half teaspoons of salt. Cook the same as Quaker Oats.

Oatmeal Gruel—Add one-half cup coarse oat meal, and one-half teaspoon salt, to three cups of boiling water. Boil five minutes, remove to the Caloric for six hours. Force through a strainer, dilute with milk and cream. Reheat and serve.

Rice Boiled—Take one cup of washed rice, and four cups of boiling water, add one-half teaspoon of salt. Boil five minutes and remove to the Caloric for two hours. If cooking a small quantity, put rice in smaller vessel with boiling water around it.

Rice Cooked in Milk—Bring to a boil one quart of milk into this put $1\frac{1}{2}$ cups of washed rice, pinch of salt, piece of cinnamon bark, sugar to taste. Let boil for five minutes. Put the covered kettle into the Caloric $1\frac{1}{2}$ hours. Before serving, sprinkle sugar and cinnamon or mace over the rice.

Rice Cooked in Milk With Filled Apples—Cook one cup of rice in about three-fourths quart of milk, without seasoning, as directed in above recipe. When it is cooled off add sugar, lemon peel, pinch of salt, three-fourths tablespoon of flour, two eggs and, if necessary, a little more milk. Grease a basin thick with butter and put rice into it. Have prepared beforehand 12 to 15 apples, remove the core, in such a way that apples stay whole at the lower end, hole filled with preserved fruit. Place apples side by side in the rice and

CALORIC BOOK OF RECIPES.

sprinkle sugar over them. Put the open basin into Caloric, with one hot stone underneath and one on top. Bake 1½ hours.

Rice Cooked in Milk With Apples, a Simpler Way—Half of the cooled off rice mixed with the same ingredients as given in above recipe is put into the basin greased with butter. Put layer of sliced apples, mixed with sugar, over the rice and put other half of the rice over the apples. Bake as directed in above recipe.

Postum Cereal—Postum cereal is made from wheat, and when properly cooked is a most wholesome beverage. It is only by using the Caloric that the best results are obtained. Place the cereal in a percolator or cheese cloth bag. For every pint of water use four heaping teaspoons of cereal. Place cereal in kettle, pour over it the boiling water, boil five minutes and remove to the Caloric for five or six hours. If used for breakfast, do the preliminary cooking before retiring. Next morning strain cereal to coffee pot, and heat to boiling point.

Coffee—For each person use one level tablespoon of coffee and one cup of water. Use the Caloric kettle. Place on the stove with cold water, and mix with coffee a little egg. Allow the coffee to boil five minutes, then remove to the Caloric and leave over night, or several hours. When ready to serve, strain to coffee pot and heat to boiling point, but do not boil. Reduce with boiling water if too strong.

SALADS.

Celery Salad—Remove the little roots from two or three celery bulbs and wash bulbs very clean. Put them, with a little salt, into boiling water and let them boil for five minutes. Put the covered kettle into the Caloric 1 to 1½ hours. When done let them cool off and scrape off skin, cut them into slices into a salad bowl. Pour over them vinegar, oil, sugar, salt, pepper and mix very carefully.

Potato Salad—Boil potatoes in the Caloric. When done and quite warm still, remove skin and slice them fine. Pour over them vinegar, oil, finely cut onion, salt and a pinch of sugar and mix carefully.

Potato Salad With Bacon—This is prepared as above recipe, except that the oil is omitted. Instead of that, cut some bacon into small cubes and fry those with a little butter until yellow. Add this when lukewarm to the potatoes.

Potato Salad With Cucumbers—Slice warm potatoes. Pare a fresh green cucumber and cut it into very thin slices. Mix carefully with potatoes. Make a dressing with a finely cut onion, salt, pepper, vinegar, oil and three or four tablespoons of thick sour cream. Mix this lightly with the potatoes and cucumbers. A mayonnaise dressing is also nice.

CALORIC BOOK OF RECIPES.

Bean Salad—Cut one pound of young green beans into little diagonal pieces. Put them with a little salt and summer savory into boiling water. Let boil for five minutes. Put the covered kettle into the Caloric $1\frac{1}{2}$ hours. When beans have cooled, mix them with vinegar, oil, salt, pepper and a pinch of sugar.

Bean Salad Mixed With Cucumbers—Prepare salad as directed in above recipe. Add thinly sliced fresh, green cucumbers.

Beet Salad—Wash the beets, being careful not to break the skin. Put them into boiling water without salt and let them boil for 15 minutes. Put the covered kettle into the Caloric two hours. When done and still hot, remove and skin them. Slice thin, put them into a crock, pour vinegar over them to which has been added one teaspoon annis seed. Kept in a cool place they will be good for quite a while.

Cauliflower Salad—Divide a large head of cauliflower into little parts. Peel the lower part of skin off the stems. Cook them as described in recipe for cauliflower under vegetables. Dress them like other salads.

Asparagus Salad—Cut up two pounds of asparagus. Put it into boiling water with a little salt and a pinch of sugar. Let boil for five minutes. Put the covered kettle into Caloric two hours. When done, put the asparagus carefully on to a platter. Let it become cold and pour vinegar and oil over it.

Red Cabbage Salad—Bring to a boil water with vinegar. Shave a medium sized head of red cabbage very thin. Put

CALORIC BOOK OF RECIPES.

it with a little salt into the boiling vinegar-water and let it boil for five minutes. Put the covered kettle into Caloric 1 to 1½ hours. When cold dress with vinegar, oil, salt, pepper and sugar.

Nantese Salad—Peel three medium sized Spanish onions, scoop out a teaspoonful of the center of each and put in the hollow a bit of butter sufficient to half fill it. Add a slight seasoning of pepper and salt, place in a baking pan and then in Caloric, using both hot stones until they are brown. When cold cut into quarters and place on a bed of watercress. Skin and bone six sardines, cut into halves and lay on the pieces of onion. Pour over some mayonnaise to one cupful of which one teaspoonful of curry powder has been added. Garnish with slices of hard boiled eggs and sprinkle over a mixture of finely chopped parsley, tarragon and chervil.

Asparagus Salad—Line a fancy border mold with aspic jelly and ornament with quarters of hard boiled eggs and asparagus tips; fill with more jelly. When set, turn out and fill the center with boiled heads of asparagus, pour over a good mayonnaise dressing and arrange round the base slices of tomatoes that have been seasoned with a little salad oil, tarragon vinegar and cayenne pepper.

Mint Jelly—Mint jelly is taking the place of sauce to serve with lamb and makes a pretty and dainty dish. Break enough leaves of tender mint to make one cupful when pressed; cut or chop, cover with a pint of boiling water and steep for half an hour; then strain, pressing hard. Soak a half package of gelatine in a half cupful of cold water and stand

CALORIC BOOK OF RECIPES.

over hot water until dissolved. Add to the mint water one tablespoonful of powdered sugar and three tablespoonfuls of lemon juice or vinegar. Tint slightly with green coloring and pour into wetted molds, placing on ice until firm.

Fishes, Meats and Their Appropriate Sauces—Roast beef, grated horseradish, tomato catsup, worcestershire sauce; boiled mutton, caper sauce; roast mutton, stewed gooseberry; roast lamb, mint sauce; roast pork, apple sauce; roast turkey, cranberry sauce, celery sauce; roast chicken, plum or grape catsup, currant jelly; boiled turkey, oyster sauce, roasted venison or duck, black currant jelly; broiled steak, mushrooms or fried onions; roast goose, stewed gooseberries, apple sauce; broiled mackerel, stewed gooseberries; fried salmon, egg sauce, cram sauce, stewed tomatoes; boiled or baked fish, white cream sauce, old Zealand sauce, drawn butter sauce; boiled or baked cod, egg sauce, tomato sauce.

Beef Tea—Remove all fat from one pound of round steak. Cut in one-half inch cubes, and put in glass fruit jar. Pour one cup of cold water over it and let soak one-half hour. Set in a Caloric kettle of cold water and heat gradually. When water reaches boiling point, remove to the Caloric five hours, without using radiator. Strain, heat over hot water, add a little salt and serve.

PUDDINGS AND SAUCES.

For the steamed puddings, the rice and the fruit puddings that require long and slow cooking, the Caloric is invaluable. In no other way can the old-fashioned creamy rice puddings of our grandmothers be so delicately prepared. All steamed puddings must be poured into a mold, placed in the Caloric kettle carefully and securely, so as not to be upset. Have the water come at least two-thirds of the way up the mold; cover the kettle and steam over the fire a few minutes, having the water boiling gently. Then lift gently from the flame stove, place in the Caloric and leave several hours. Serve hot. Puddings to be baked should be prepared as for ordinary cooking, and the pudding dish must be of earthenware. The pudding is heated for five minutes or so over the flame stove, and then placed on one hot steatite radiator, and the other hot radiator placed on top of the pudding dish. Puddings should be baked in the Caloric for about one hour longer than would be required in an ordinary oven. But if left a longer time they will not brown or scorch. The Caloric is the nearest modern approach to the old brick oven of our ancestors. It gives just the right finishing touch to the old-time dishes, as New England Indian Pudding, Boston brown bread, Boston baked beans, etc.

CALORIC BOOK OF RECIPES.

New England Indian Pudding—Pour two quarts of sweet milk, scalding hot, over 21 even tablespoons of corn meal, moistened with molasses. Let this cool one-half hour, then add one pint cold milk, salt to taste. Place in Caloric, using both hot radiators, and bake for four or five hours, or until it is jellied and red.

Boston Brown Bread—One quart of sour milk or warm water, one tablespoon soda, one teaspoon salt, one cup dark molasses, one quart corn meal, one quart rye meal or graham (graham can never give just the right flavor, but it is the best one can do in the West). Pour into buttered mold and, after heating through, place on hot steatite radiator, with the other hot radiator resting on top of mold. Leave in Caloric five or six hours. When brown bread was in the making, great-grandmother always prepared

Apple Coddle—A pudding dish was filled with apples, cored, pared and sliced, over them was spread a thin layer of brown bread batter. This was put into the brick oven to bake very slowly, until the apples were red. When the pudding was removed from the oven the brown bread crust was chopped down into the apple, and eaten with cream and cheese. This is a favorite with children. It has such a nutty flavor. Instead of placing in the brick-oven, place, after heating through, on the hot radiator, with the other hot radiator resting on the top of the pudding dish, and leave in the Caloric about three hours.

Brown Bread Toast—This is a delectable dish not used to any extent in the west. Place a whole loaf of brown bread

to toast before the fire. Heat milk, butter and salt as for ordinary cream toast. When the end of the loaf is toasted, cut off the thin skin of toasted bread and put into the hot milk. Again place the loaf before the fire, and continue to remove the thin layers of toast until you have enough to satisfy the demands of your family. The process can be hastened by placing several half loaves on the toaster at once. It is related that, once upon a time, a little girl of the family called out to the hired man: "Oh, John! what do you 'spose we are going to have for breakfast?" "Vittles, I expect," was the gruff reply. "No siree," said the little maid, "brown bread toast."

Rice Pudding—For small pudding, beat one egg, and add two cups of cold boiled rice, one cup of milk, two tablespoons of sugar, a quarter of a cup of stoned raisins. Place in small vessel with boiling water around. Let it boil five minutes on the stove without lifting the cover. Place in the Caloric for one hour or longer. Serve with hard sauce.

Rice Pudding, No. 2—Place on stove three cups water; let come to boil, add one-half teaspoon salt, then add $1\frac{1}{2}$ cups rice. Do not stir, put in double boiler for ten minutes, then place in Caloric for three hours. This will be found delicious to be eaten with cream and sugar.

Rice Pudding, No. 3—After rice is cooked in Caloric as in No. 2, beat three eggs thoroughly, stir in rice and add one cup sugar, piece of butter size of walnut, season with nutmeg, add milk sufficient to thin, re-stir and heat, then place in Caloric about $1\frac{1}{2}$ hours. This is very fine.

Chocolate Pudding—Cream one egg with one-half cup of sugar. Add one-half cup of milk and two teaspoons of baking powder, and flour to make as stiff as cake. Melt $1\frac{1}{2}$ squares of chocolate with two tablespoons of butter. Stir into cake. Place in pudding dish. Set in kettle of hot water. Let it boil for 30 minutes, remove to the Caloric for two hours or longer. Serve with a clear sauce flavored with vanilla. In the summer fresh berries can be used instead of chocolate.

Apple Tapioca Pudding—Pick over and wash three-fourths of a cup of pearl tapioca. Pour three cups of boiling water over it. Boil five minutes and remove to the Caloric for two hours. Core, and pare seven apples. Put them in a round baking dish, and fill the cores with sugar and lemon juice. Pour the tapioca over them and bake until the apples are soft. Serve cold with whipped cream and sugar.

Date Pudding—Take one-half pound of dates, stone them and add three-fourths cup of sugar and one cup of boiling water. Cook to a paste, add more water if needed. When cool, add two cups of cold boiled rice. Beat together with fork, and serve with whipped cream. Figs can be used instead of dates.

Steamed Plum Pudding—Crum two cups of bread fine and dry; add one cup of sugar, one cup of flour, one-half cup of molasses, one cup of milk, one-half cup of suet, one cup of seeded raisins, chopped, one cup of currants washed and dried, quarter pound of citron sliced, one ounce of candied orange peel minced, one-half teaspoon of mace and cin-

namon, one small teaspoon of soda dissolved in a little hot water. Mix with the milk and add three eggs beaten light. Dredge the fruit well with flour and put in last. Beat hard and pour into buttered mold or pudding dish. Steam over the fire one hour and place in Caloric without removing cover and leave five hours. When ready to serve, turn out and pour brandy over and light. Serve with liquid or hard sauce.

Steamed Brown Pudding—Beat one egg well; add two tablespoons of melted butter, two tablespoons of sugar and one-half cup of molasses. Dissolve one teaspoon of soda in one tablespoon of hot water; then add $1\frac{1}{2}$ cups of sifted flour and one-half cup of boiling water. Put into greased mold or pudding dish, and place in kettle of boiling water and steam 30 minutes with cover on. Remove to Caloric without lifting cover and leave three hours. Serve hot with the following sauce: One-half pint of whipped cream, into which beat the yolks of two eggs and one cup of fruit sugar. This pudding can be kept several days and warmed by steaming just before serving.

Fresh Fruit Pudding—Cream one-quarter cup of butter, add one-half cup of sugar and the yolk of one beaten egg. Clean and dredge in flour two cups of fresh fruit—currants, cherries, gooseberries or raspberries—and have them dry. Now add to the sugar and butter mixture, a little at a time, alternately, one cup of milk and two cups of flour. Two scant teaspoons of baking powder and one-half teaspoon of salt should have been sifted with the flour. Now fold in the egg white, turn into a buttered mold and put cover on very tight,

CALORIC BOOK OF RECIPES.

and plunge into boiling water in bottom of kettle. Put on cover and let boil about ten minutes, then put into Caloric for four or six hours. When serving the pudding, pass a cold boiled custard or a hot sauce if the day be chilly.

Raspberry Pudding—To three cups of milk add three eggs beaten well; four cups of flour or enough to make a good batter. Mix two teaspoons of baking powder with the flour and a pinch of salt. Stir into milk and eggs and then add three cups of berries well dredged with flour. Turn into a greased mold or pudding dish; place in a kettle of boiling water and steam 30 minutes. Then place in Caloric and leave three hours. Serve with hard sauce.

Cup Custard—Take three cups of rich milk and heat without scalding; add three small tablespoons of brown sugar and a pinch of salt. Beat well one large or two small eggs. Pour milk on to egg and beat. Pour into custard cups and grate a little nutmeg on top of each cup. Place in a Caloric kettle of warm water. Bring slowly to a boil and boil gently ten minutes. Then place in Caloric without lifting cover and leave three hours. Then place on ice to set.

Brown Betty—Take two cupfuls of tart apples peeled, cored and minced, and mix with $1\frac{1}{2}$ cups of fine bread crumbs. Add three eggs beaten light, one-half teaspoon of mace and of cinnamon. Turn into a buttered mold or pudding dish. Place in a Caloric kettle of hot water and steam 20 minutes over the fire. Then place in Caloric and leave three hours. Serve with liquid sauce.

Cabinet Pudding—Take two cups of stale cake and crumble. Beat two eggs light and add two cups of milk, two tablespoons of white sugar, one teaspoon of vanilla and one saltspoon of salt. Cleanse two tablespoons of currants; add two tablespoons of sultana raisins and cut two tablespoons of citron into shreds. Grease the pudding dish or mold and fill with alternating layers of fruit and crumbled cake. Moisten each layer of cake with milk and egg. If the pudding still seems dry, add a little more milk. Place in kettle of water and steam over the fire five minutes. Place in Caloric without lifting cover and leave two or three hours.

Custard Sauce—Two cups of milk scalded, pour upon one cup of powdered sugar; add the yolks of two eggs beaten light. Season with nutmeg, and cinnamon, and stir till slightly thick. Remove from fire and whip in the beaten whites. Set in boiling water to keep warm and just before serving add one teaspoon of vanilla.

Chocolate Bread Pudding—Soak two cups of bread crumbs in four cups of scalded milk for one-half hour. Melt two squares of bakers chocolate over hot water. When melted add enough of the milk taken from the bread to make of a consistency to pour. Add to the bread two-thirds cup of sugar, the chocolate, one-fourth teaspoon of salt, one teaspoon of vanilla and two slightly beaten eggs. Turn into a buttered pudding dish. Stand in a kettle of hot water and boil ten minutes; without lifting the cover remove to the Caloric for three hours or more. Serve with whipped cream or hard sauce.

CALORIC BOOK OF RECIPES.

Old Fashioned Rice Pudding—Wash one-third cup of rice and put into a dish with one quart of milk, one-third cup of sugar, one-half teaspoon of salt, one tablespoon of butter, grated rind of one lemon. Pour in pudding dish and place in kettle of hot water. Let the water boil ten minutes, and without lifting the cover remove to the Caloric for three or more hours.

Fig Pudding—Mix together one cup of molasses, one cup of chopped suet one pint of chopped figs one teaspoon of cinnamon, one-half teaspoon of nutmeg. Dissolve one teaspoon of soda in a little hot water, add one cup of milk. Beat two eggs light and stir into the mixture. Add two and one-fourth cups of flour. Beat all thoroughly. Fill well buttered mold three-fourths full, place in Caloric kettle with boiling water around and steam 30 minutes. Then remove to the Caloric for five hours or more. Serve with wine sauce.

Apple Roll—Make a crust of two cups of flour, one-half cup of milk, one teaspoon of baking powder, a pinch of salt, one level teaspoon of butter, and one egg well beaten. Roll out very thin and cover with thin slices of apples. Make into a roll and place in a pudding dish. Set in boiling water in the Caloric kettle. Steam on the stove for ten minutes. Then remove to the Caloric for three or more hours, using one hot radiator. Serve with sweetened milk.

Sweet Pudding of Milk Rolls—Cut up five to six milk rolls. Pour one-half pint of milk over them and let them soak for one-half hour. Cream together two tablespoons of butter, three tablespoons of sugar and yolks of four eggs. Add this

CALORIC BOOK OF RECIPES.

with some grated rind of lemon and a handful of dried currants to the soaked rolls. Fold in lightly the beaten whites of the four eggs. One may also add a little baking powder. Put batter into pudding form and boil on stove for 15 minutes in kettle with boiling water. Put covered kettle into Caloric two hours. Hard or any other kind of sauce may be used.

Vanilla Pudding—Blanch and chop five ounces of almonds. Cream together three-fourths cup of sugar and yolks of six eggs, add three tablespoons of biscuit crumbs, one tablespoon melted butter, one package of vanilla sugar, and the almonds. Mix well. Fold in the beaten whites of the six eggs, add one-half teaspoon baking powder. Fill into pudding form and boil for 15 minutes on stove in kettle with boiling water. Put covered kettle into Caloric two hours.

Lemon Pudding—Is prepared the same as vanilla pudding. Omit vanilla and use grated rind and juice of one-half lemon instead.

Chocolate Pudding, No. 2—Ingredients are the same as in recipe for vanilla pudding. Omit vanilla and use one-fifth pound of grated chocolate instead.

Chocolate Pudding, No. 3—Melt one-half cup of butter and stir in as much flour as butter will take up. Cook together until light yellow. Add five ounces of grated chocolate and stir well. Bring to a boil scant half pint of sweet cream, stir this slowly into the butter, flour, etc., and cook together until thick. Put it into a dish and let cool off.

CALORIC BOOK OF RECIPES.

When cold, stir in yolks of five eggs and three-fourths cup of sugar. Fold in the beaten whites of the five eggs. Fill into pudding form and boil for 15 minutes on stove in kettle with boiling water. Put covered kettle into Caloric two hours.

Almond Pudding—Beat together light five whole eggs with two-thirds cup of sugar, add three tablespoons of bread crumbs (which have previously been moistened with water), four ounces of chopped almonds, $1\frac{1}{2}$ ounces of finely cut citron and stir for 15 minutes. Then add one-half teaspoon of baking powder. Fill into pudding form and boil for 15 minutes on stove in kettle with boiling water. Put covered kettle into Caloric two hours. Hard or soft sauce.

Fine English Pudding, No. 1—Grate off crust from six or seven stale milk rolls, and soak these in cold milk for half an hour. Wring them out. Cream together three tablespoons of butter and yolks of four eggs, and add this to the soaked rolls. Add also 20 to 30 blanched and chopped almonds, piece of citron cut up fine, a little grated rind of lemon, a handful of currants and raisins, three or four tablespoons of sugar and mix well. Fold in the beaten whites of the four eggs and fill batter quickly into a pudding dish. Proceed as directed in above recipe.

English Pudding, Different Way, No. 2—Chop one-fifth pound of suet very fine, mix and rub well with one-half cup of sifted flour (good measure). Add one-third cup of granulated sugar, two eggs, two tablespoons sweet cream, one tablespoon rum and mix well. Also add a little nutmeg,

CALORIC BOOK OF RECIPES.

pinch of cloves and cinnamon, a little salt, two ounces of currants, two ounces of raisins and blanchéd, chopped almonds, piece of finely cut up citron and three or four very finely cut up apples. When mixed well put into pudding form and boil for 15 minutes on stove in a kettle with boiling water. Put covered kettle into Caloric two to three hours. Serve hard or liquid sauce.

Rice Pudding, German—Boil one-half pound of rice soft in one quart of milk. (This may be done the night before it is wanted or early in the morning.) Beat together two tablespoons of butter and yolks of four eggs. Add this with sugar to taste, pinch of salt, some grated rind of lemon and cinnamon to the rice and mix well. Add one-half teaspoon of baking powder and the beaten whites of the four eggs. Put into pudding form and boil this on stove for 15 minutes in a kettle with boiling water. Put covered kettle into Caloric two hours. Serve vanilla or wine sauce with this pudding.

Rice Pudding With Apples—Is prepared the same as described in above recipe. Stir in five or six very tender apples.

Rice Pudding With Cherries—Prepared as directed in first recipe for German rice pudding, adding one pound of large red cherries.

Cream of Wheat Pudding—Stir into one pint of boiling milk very slowly one cup of cream of wheat, add two or three tablespoons of butter and boil five minutes. When cream of wheat has cooled off add yolks of four eggs, two ounces of chopped almonds, four tablespoons of sugar, a lit-

tle vanilla, and grated rind of lemon. Fold in the beaten whites of the four eggs and add a little baking powder. Put into pudding form and boil for 15 minutes on stove in a kettle with boiling water. Put covered kettle into Caloric two hours.

Cream of Wheat Pudding With Raisins, No. 2—Is prepared same as directed in above recipe, adding handful of currants and raisins.

Cream of Wheat Pudding With Apples—Is prepared as directed in first recipe for cream of wheat pudding. Add four or five finely cut up tender apples. Fruit or wine sauce is nice with cream of wheat puddings.

Biscuit Pudding—Beat well three whole eggs, two yolks and three-fourths cup of sugar. Add one scant cup of flour, grated rind of lemon and the beaten whites of the two eggs and one-half teaspoon baking powder. Put dish into Caloric cooker. Use both hot stones according to directions. Baking time $1\frac{1}{2}$ hours.

Calf's Sweetbread Pudding—Boil sweetbread in salt water for a few minutes. Put on platter, let cool and cut it into pieces size of a nut. Grate off the crust from six milk rolls and let these soak in milk for half an hour. Wring them out well. Cream one-fifth pound of butter, add gradually to this six yolks of eggs, salt, the soaked bread and the sweetbread. (If you choose, you may also add a few very thinly sliced mushrooms.) Fold in the whipped whites of egg. Put batter into form. Boil for 15 minutes over blaze, in kettle with boiling water. Put covered kettle into Caloric two hours.

CALORIC BOOK OF RECIPES.

Serve butter gravy with one teaspoon of chopped parsley with this pudding.

Spinach Pudding—Wash one-half pound of spinach and put it into boiling water. Boil a few minutes. Strain off the water. Pour cold water over spinach and wring it out and chop it. Have three large thick slices of bread soaked in milk. Wring these out and add to the spinach. Add also chopped meat remnants, one small onion, cut up and stewed in butter or fat, and a little chopped parsley. Beat to a foam four yolks of eggs with three tablespoons of butter, and add to the paste. Also salt, pepper and a little nutmeg. Stir well. Fold in the beaten whites of the four eggs. Put batter into form and boil this on stove in kettle with boiling water for 15 minutes. Put the covered kettle into Caloric $2\frac{1}{2}$ hours.

Asparagus Pudding—Clean one pound of asparagus and cut it in very small pieces. Do not use the bottom ends. Cream two tablespoons of butter, add gradually four yolks of eggs, one cup of flour and stir well. Add one-fifth pound chopped ham, salt, pepper, and milk enough to make a light dough. Fold in the whipped whites of four eggs and pieces of asparagus. Put batter into pudding form and boil on stove for 15 minutes in a kettle with boiling water. Put covered kettle into Caloric. When pudding is done and turned out on platter, pour melted butter over it. Very nice served with lettuce or cucumber salad.

Pudding of Mixed Meats—Grind one-half pound each of beef, veal and pork. Beat two tablespoons of butter with the yolks of four eggs until foamy. Add four tablespoons

CALORIC BOOK OF RECIPES.

of crumbs, the ground meat, chopped parsley, salt, pepper and nutmeg (if you choose), mix well. Fold in the whipped whites of four eggs. Put batter into form and boil this for 15 minutes on stove in a kettle with boiling water. Put the covered kettle into Caloric $2\frac{1}{2}$ hours. Nice served with potato salad or lettuce.

Fish Pudding, English Way—Remove bones and skin from about two pounds of haddock, chop meat fine. Beat two tablespoons of butter with yolks of four eggs until foamy. To this add: Three thick slices of bread previously soaked and wrung out of milk, one thinly sliced onion stewed in butter, a scant half pint of milk, salt, pepper, nutmeg. Fold in the whipped whites of the four eggs and the chopped fish. Put into pudding form and boil on stove for 15 minutes in a kettle with boiling water. Then place in Caloric two hours.

Simple Bread Pudding—Cut fine six or seven large, thick slices of stale bread. Pour cold milk over this and soak for half an hour. Cream two tablespoons of butter, to which add gradually three whole eggs, salt, pepper and some chopped parsley. Crush soaked bread well with spoon. Add these to the butter and eggs and stir well. Lastly, add one teaspoon of baking powder. Place in pudding dish and proceed as was directed in previous recipes. (Two hours cooking time.) This pudding may be served with any sauces, or dressing.

Fine Bread Pudding—Cream two tablespoons of butter. Add gradually the yolks of four eggs and stir well, then five or six tablespoons of bread crumbs, one teaspoon chopped

parsley, salt and nutmeg (if one chooses). Mix well. Fold in the whipped whites of the four eggs and one-half teaspoon baking powder. Put batter into pudding dish and boil in kettle with boiling water on stove for 15 minutes. (1½ hours in Caloric.)

Macaroni Pudding—Break one-half pound of macaroni into small pieces, boil in salt water until tender, then run cold water over until cold, drain in a colander. Melt scant one-fourth pound of butter to which add three tablespoons of flour and a little chopped onion, let roast until light yellow, and then stir smooth with one-half pint milk. Add four whole eggs, salt, pepper, a little nutmeg and the macaroni. Fill pudding form and boil for 15 minutes in kettle with boiling water on a stove. Put covered kettle into Caloric 1¾ hours.

Pudding of Noodles—Make a noodle dough of two eggs and the necessary flour. After it has dried, cut the noodles into narrow strips and cook them in one pint of milk for 10 minutes. Let them cool off. Beat two tablespoons of butter with three yolks until foamy, add this to noodles with some salt and mix well. Fold in the whipped whites of the three eggs. Proceed as directed in above recipe.

Hungarian Pudding—Make a dough of scant one cup of flour, scant half cup of butter and half a cup of sugar. Put it into one pint of boiling milk and cook until thick, stirring it constantly, put into a bowl to cool. Add to it gradually yolks of six eggs, a little grated lemon peel and three-eighths cup of sugar, a little baking powder and fold in the beaten whites of the six eggs. Put into pudding form and boil this

CALORIC BOOK OF RECIPES.

on stove for 15 minutes in a kettle with boiling water. Put covered kettle into Caloric two hours.

PUDDING SAUCES.

Hard Sauce—Cream one-fourth cup of butter in a warm bowl. Add gradually one-half cup of powdered sugar. Then the flavoring. Either brandy, vanilla or lemon. Place in a fancy dish and grate nutmeg on top.

Wine Sauce—Wet one tablespoon of corn starch in cold water, and stir in one cup of boiling water. Boil ten minutes. Rub one-fourth of a cup of butter to a cream. Add gradually, one cup of powdered sugar, one egg, well beaten, and one salt-spoon of grated nutmeg. When the corn starch has cooked ten minutes, add one-half cup of wine and pour the whole into the butter, sugar and egg, stirring until well mixed.

Vanilla Sauce—Cream one-half cup of butter, add one cup of powdered sugar and cream again. Put bowl into boiling water and keep the water boiling while you add one-half cup of rich milk or cream. Beat until smooth and creamy, then take from fire and add one tablespoon of vanilla.

FRUIT STEWED.

The fireless cooker is especially good for fruit which should stay whole when cooked. No burning is possible, so that no stirring is necessary, which leaves the fruit in its original shape. If one is very careful in taking out the fruit one will be able to bring it to the table in fine shape.

Apples Stewed Whole—Pare apples and remove core. Bring to a boil water, just enough so that the liquid comes up to not more than one inch in the kettle. Set the apples into this, one beside the other, and sprinkle sugar over them. One may put in two or three layers of apples. Let them boil for a moment. Put the covered kettle into Caloric 1 to 1½ hours.

Apples Stewed Whole and Filled—Pare apples and remove core in such a way that the apple will stay whole on the lower end. Fill the hole with preserves, as raspberries, currants, etc. They are stewed as directed in above number.

Stewed Quinces—Pare fine ripe quinces, cut them into four or five parts and put them into cold water. Bring a little water to a boil, put quinces with sugar and a little lemon juice into it and let it boil for five minutes. One may use white wine or vinegar instead of lemon juice. Put the covered kettle into the Caloric 1½ hours.

CALORIC BOOK OF RECIPES.

Pears Stewed Whole—Pare the pears, leaving stems on. Put them into cold water immediately, so that they remain white. Then they are stewed in water as directed in first recipes for apples, 1 to 1½ hours.

Apricots, Peaches or Plums Stewed Whole—Put them side by side into the kettle, one may put in two or three layers. Sprinkle sugar over them and add only a little water. They are cooked as apples and pears.

Stewed Apples—Pare apples, cut them up and remove core. Bring a little water to a boil. Into this put the apples with sugar. Let them boil up. One may add cinnamon bark and a few raisins to taste. Put the covered kettle into the Caloric. Cooking time depends on kind and size, one-half to one hour.

Pears Stewed—Are fixed the same as apples. They generally require a longer time for cooking.

Stewed Apricots—Apricots should not be too ripe. Pare them and remove stones. Bring to a boil just a few table-spoons of water. Put apricots into this and sprinkle sugar over them. Let them boil up. Put the covered kettle into the Caloric one hour.

FRUIT SAUCES.

Apple Sauce—Wash, core, but do not pare the apples. Put them into a kettle with just enough water to cover them. Bring to a boil and place at once in the Caloric and leave for two hours. When you remove, add sugar to taste and strain through a sieve. Cool and serve.

Rhubarb Sauce—Wash and cut in small one inch pieces, but do not peel. Put into kettle with plenty of sugar and a little water. Not much is needed, as the rhubarb is very watery. Bring to a boil. Then place in the Caloric at once and leave for two hours or more and then it is ready to serve.

Stewed Prunes—Wash the prunes and cover with cold water, and soak over night. The next morning put them with the water in which they were soaked on the stove and boil five minutes. Sweeten to taste. Remove to the Caloric without removing the cover, for five or six hours. When done, remove prunes to dish and boil syrup ten minutes, and pour over the prunes.

Jellied Prunes—Pick over and wash one-third of a pound of prunes. Soak for several hours in two cups of cold water. Put on the stove; boil five minutes. Remove to Caloric for three hours. Skim prunes from the juice, stone and quarter.

Soak one-half box of gelatine in one-half cup of cold water and add to juice. Add one cup of sugar and one-fourth cup of lemon juice. Strain, add prunes and pour in molds. When cold serve with whipped cream and sugar.

Dried Apricots, Apples, Peaches or Pears—Soak over night in cold water. Drain and boil over the fire for five minutes in just enough water to cover. Then place in Caloric and leave two hours. Boil sugar down to a syrup and serve the fruit in it.

Cranberry Sauce—Wash and put one quart of berries in pan. Add two cups of sugar and one cup of water. Cover and boil slowly over the fire for five minutes. Then place in the Caloric and leave two hours. They are then ready to serve.

Wine Pudding—Beat six whole eggs and five heaping tablespoons of sugar until very foamy. Add one-half teaspoon of cinnamon, pinch of cloves, grated rind of lemon and bread crumbs to make a thin batter. Stir well. One may also add one-half teaspoon baking powder. Put baking dish into Caloric with one hot stone underneath and one on top. After the baking, turn pudding on to a platter and pour over it one pint white wine, which has been boiled up with sugar and piece of lemon rind. It may be served warm or cold. $1\frac{1}{2}$ hours baking time.

Wine Pudding With Raisins and Candied Lemon—Beat together eight whole eggs and three-fourths cup of sugar until foamy. Add handful of raisins,, $1\frac{3}{4}$ ounces of candied

CALORIC BOOK OF RECIPES.

lemon cut up fine, some cinnamon, pinch of cloves, grated lemon rind and bread crumbs to make thin batter. Stir well. One may add some chopped almonds. Add also one-half teaspoon of baking powder. Put form into Caloric with one hot stone underneath and one on top. After the baking pour boiling white wine over pudding. Some sugar should have been added to the wine. 1½ hours baking time. One serves wine dressing with this pudding.

Cherry Pudding—Beat three-fourths cup of sugar and five whole eggs until very light. Add six tablespoons of bread crumbs, some cinnamon, pinch of cloves, grated lemon peel and one pound of cherries, previously gotten ready (stems removed, wash and dried). Put pudding dish into Caloric, one hot radiator underneath and one on top. One may serve this pudding with boiling wine poured over it or without. Baking time two hours.

SOUFFLES.

Souffles may be made in a shallow basin or dish that will fit in the large Caloric vessel. They must not be turned out of the dish, but be taken to the table in the dish they are baked in. Here is a hint not very well known, but through which one may produce a great many variations. Put only half of the batter into the dish. Cut a piece of baking wafer to the exact size of the dish, and put this on top of the dough. Put canned fruit (without juice), preserves, or fresh stewed fruit (without juice) on top of sheet of baking wafer. Put another sheet on top of the fruit, and then the other half of the batter. The baking wafer will become soft and will mix during the baking with the batter and the fruit, so that it can not be detected after the baking. Such a filled souffle is very fine. With each Caloric comes an iron crossbar on which the second radiator rests. For baking, as previously mentioned, heat the stones a little longer. The form in which the souffle is baked should be well greased with butter.

Lemon Souffle—Beat yolks of four eggs together with three tablespoons of sugar until very foamy. Add a little lemon juice, grated lemon rind, four tablespoons of flour, a little baking powder and fold in the beaten whites of the four eggs. Fill into basin or dish. Put into Caloric with both radiators 1½ hours.

Bread Crumb Souffle—Beat together four tablespoons of sugar and four whole eggs until very foamy. Add four tablespoons of bread crumbs, pinch of cinnamon, allspice or cloves, one-half teaspoon baking powder. Put dish into Caloric with both hot stones $1\frac{1}{2}$ hours.

Bread Crumb Souffle, No. 2—Beat well together four tablespoons of sugar and yolks of four eggs. Add juice of half a lemon, some grated lemon rind, vanilla, 30 to 40 blanched, chopped almonds and four or five tablespoons bread crumbs. Fold in the beaten whites of the four eggs and add a little baking powder. Proceed according to previous directions.

Almond Souffle—Chop $5\frac{1}{2}$ ounces of almonds. Beat together yolks of six eggs and not quite three-fourths cup of sugar. Add to it the chopped almonds, two tablespoons of bread crumbs, some grated rind of lemon, pinch of cinnamon and mix well. Fold in beaten whites of the six eggs. Put the form into Caloric with two hot stones, (one underneath and one on top), $1\frac{3}{4}$ hours.

Apple Souffle—Soak four or five stale milk rolls in milk and wring them out after half an hour. Cream together two tablespoons of butter and yolks of four eggs, add sugar to taste, the soaked milk rolls and five or six finely cut, nice, tender cooking apples. One may also add vanilla or grated lemon rind. Fold in the beaten whites of the four eggs and fill into dish. Put dish into Caloric, using both hot stones, two hours.

Cherry Souffle—Is prepared as apple souffle. Use one pound of large solid cherries instead of apples.

CAKES.

Different cakes require different heat, which can be learned only by experience. A batter with butter in it requires more heat than a light batter without butter. One must consider this fact in heating the radiators. After a little practice one will soon learn. Only a few recipes for cakes are given as your own favorite recipes can be used with little change.

Punch Cake—Cream $1\frac{1}{4}$ cups of butter with $1\frac{1}{2}$ cups of sugar and yolks of seven eggs. To this add two ounces of chopped almonds, a little grated rind of lemon and scant three cups of flour. Mix well. Fold in the beaten whites of the six eggs and put batter into a tin which will go into the larger Caloric utensil. Put into Caloric and use two hot radiators according to directions. Two hours baking time. When cake is cold spread frosting on top.

Bread Cake—Beat one cup of sugar and eight whole eggs until very light. Add one ounce of candied orange and one ounce of candied lemon cut up very fine, $3\frac{1}{2}$ ounces of almonds chopped with the skin, a little cinnamon, some cloves and two ounces of finely rolled bread crumbs which have previously been moistened with milk or water. Stir batter for at least half an hour until it is thick and foamy. Put

CALORIC BOOK OF RECIPES.

into a tin and then into the Caloric and use two hot radiators. Two hours baking time. When cake is cold spread icing on top or sprinkle sugar over it.

Plain Almond Cake—Beat $1\frac{1}{2}$ cups of sugar and yolks of seven eggs together until very light. Add $5\frac{1}{4}$ ounces of blanched, chopped almonds, three tablespoons of bread crumbs, a little grated rind of lemon and some vanilla. Fold in the beaten whites of the seven eggs and fill into tin. Put tin into Caloric and use both hot stones according to directions. Baking time $1\frac{3}{4}$ hours.

Sand Cake—Cream scant three-fourths cup of butter with three-fourths cup of sugar, add gradually yolks of four eggs, a little grated lemon rind and $1\frac{1}{2}$ cups of very dry flour. Fold in the beaten whites of the four eggs. Put tin into Caloric, using both hot stones according to directions.

Biscuit Cake—Beat three-fourths cup (good measure) of sugar together with yolks of eight eggs until very light. Add a little grated lemon rind, juice of half a lemon and scant $1\frac{1}{2}$ cups of flour (very dry flour), stir well and fold in the beaten whites of the eight eggs. Put into Caloric according to directions. Baking time $1\frac{3}{4}$ hours.

Orange Cake—Cream scant $1\frac{1}{4}$ cups of butter, $1\frac{1}{2}$ cups of sugar and yolks of six eggs together. Add $1\frac{3}{4}$ ounces chopped almonds, a little grated orange peel, $2\frac{1}{2}$ cups of flour and mix well. Fold in the beaten whites of the six eggs and fill into tin with removable sides. Put form into Caloric. Use both hot stones. The baking time is $1\frac{3}{4}$ hours.

CALORIC BOOK OF RECIPES.

Chocolate Cake—Cream together one-half cup of butter and good half cup of sugar. Add gradually the yolks of six eggs and stir well. Add two ounces of grated chocolate, $2\frac{1}{2}$ ounces of chopped almonds, one-half cup of flour, the beaten whites of the six eggs and one-half teaspoon of baking powder. Put into Caloric according to directions. $1\frac{1}{2}$ hours baking time.

English Cake—Cream $1\frac{1}{2}$ cups of sugar, $1\frac{1}{4}$ cups of butter and yolks of six eggs together. Add one good ounce of blanched, chopped almonds, $1\frac{3}{4}$ ounces each of finely cut up candied orange and candied lemon, a little grated lemon peel, vanilla and $2\frac{1}{4}$ cups of flour. Mix well. Lastly, add beaten whites of the six eggs and one-half teaspoon of baking powder. Put tin into the Caloric. Use both hot stones. Baking time $1\frac{3}{4}$ hours. When cake is cold, sprinkle lemon juice and then sugar over it.

Apple Cake—Make a dough of two cups of flour, two-thirds cup of butter, good one-third cup of sugar, one egg and a little grated rind of lemon. Line cake tin with dough. Pare nice, tender cooking apples, cut them in halves, take out the core and slice them thin. Put apples on top of dough and sprinkle them thick with sugar. Put tin into Caloric. Use both hot stones according to directions. $1\frac{1}{2}$ hours baking time.

Apple Cake With Lattice Work—Pare five or six apples, cut them, remove cores, stew them in sugar and very little water, rub them through a colander and put them aside. Prepare a dough according to directions in first recipe for apple

CALORIC BOOK OF RECIPES.

cake. Put into tin that will go into Caloric vessel. A small part of the dough is kept back. Roll this out, not too thin. Cut with pastry wheel little strips of dough and put these in lattice shape on top of dough in tin and one long strip around the edge. Put tin into Caloric according to directions. Baking time $1\frac{1}{2}$ hours. When cake is cold fill lattice work with the apples.

Raspberry Cake With Lattice Work—Is prepared the same as apple cake. Take well cooked-down raspberries instead of apples.

Fruit Marmelade Cake—Beat yolks of four eggs together with four tablespoons of sugar until very light. Add four tablespoons of flour, one-half teaspoon baking powder and the beaten whites of the four eggs. Put into Caloric according to directions. When cake is cold spread any kind of fruit marmelade on it.

Cherry Cake—Cream one cup of sugar, one-third cup of butter and yolks of two eggs together. Add vanilla, two tablespoons of milk, scant two cups of flour and lastly the beaten whites of the two eggs and one-half teaspoon of baking powder. Fill batter into baking tin. Put solid cherries on top of batter, one close beside the other. Sprinkle sugar over cherries. Put tin into Caloric with one hot stone underneath and one on top. $1\frac{3}{4}$ hours baking time.

Loaf Cake—Cream one cup of sugar, scant one cup of butter and yolks of six eggs. Add a little grated rind of lemon, four ounces each of raisins and currants. One pound of flour

and scant one-half pint of milk are added alternately. Fold in the beaten whites of the six eggs and add finally two teaspoons of baking powder. Put into Caloric with one hot stone underneath and one on top. $2\frac{1}{2}$ hours baking time.

PASTRY MADE OF YEAST DOUGH.

It is taken for granted that every housekeeper has experience in preparing yeast dough. Herewith are given three kinds of yeast dough which are chiefly used for this kind of pastry.

Simple Yeast Dough—Ingredients: Scant two quarts of flour, two tablespoons of butter, one egg, one tablespoon of sugar, salt and milk as much as necessary, two ounces of compressed yeast.

Short Yeast Dough—Ingredients: Scant two quarts of flour, four tablespoons of butter, three eggs, four tablespoons of sugar, lemon to taste, salt and milk as much as necessary, two ounces of compressed yeast.

Short Yeast Dough With Different Ingredients—Scant two quarts of flour, four tablespoons of butter, four tablespoons of sugar, three eggs, grated rind of lemon, handful each of currants and raisins, about two ounces each of candied lemon and orange, six or eight chopped, bitter almonds, salt and milk as much as necessary, scant $2\frac{1}{2}$ ounces of compressed yeast.

Steam Noodles—Prepare yeast dough as for simple yeast dough. Let it rise well. The dough should be very spongy.

CALORIC BOOK OF RECIPES.

After it has risen sufficiently, remove with a spoon little pieces of dough on a well floured molding board. Shape each little piece lightly into a round ball, and let these rise for one-quarter to one-half hour. Put milk about a finger high into the Caloric kettle. Add a little vanilla, one tablespoon of sugar and a piece of butter. Bring to a boil. Put the pieces of dough into this, one beside the other. Cover vessel and let contents boil over a very low fire for just a few moments. Put basin into Caloric with one hot stone underneath. Baking time $1\frac{3}{4}$ hours. Before serving turn on a platter.

Apple Noodles—Prepare yeast dough. After it is risen roll it out and divide it into seven or eight parts. Let these rise. Then roll out each part, spread melted butter on each and put finely cut up apples, some currants, sugar and cinnamon on them. Roll up and arrange these noodles in a spiral shape in well greased tin. Put tin into Caloric with one hot stone underneath and one on top. $2\frac{1}{4}$ hours baking time.

Plain Noodles—Prepare short yeast dough as in recipe. Let rise. Lift with floured spoon not too large pieces on the molding board. Shape them as desired. Cover over with a cloth and let them rise half an hour. Proceed as directed in previous recipe.

Loaf Cake of Short Dough—Add to yeast dough double the amount of butter, use six eggs and regulate the amount of milk. Baking time three hours.

Loaf Cake—Prepare short yeast dough. Put it into baking tin and let rise in it. Put tin into Caloric with one hot

CALORIC BOOK OF RECIPES.

stone underneath and the second hot stone over it. (2½ hours.)

Yeast Dough With Fruit—For this prepare simple or short yeast dough. Let it rise. Roll it out thin and let it rise again a little. Put it into a basin or tin lined with buttered paper. Put thinly cut up apples, plums, cherries, etc. on it and sprinkle sugar over fruit. Bake for one and one-half to two hours.

BREADS.

Steamed Graham Bread—Mix three cups of graham flour, one cup of white flour, one teaspoon of salt, three teaspoons of soda, one cup of molasses, 2½ cups of sour milk; mix and cook the same as Boston brown bread.

Boston Brown Bread, Fine, No. 2—One cup rye meal, one cup corn meal, one cup graham flour, two teaspoons soda, one teaspoon salt, two cups sour milk, three-fourths cup molasses, mix thoroughly and steam four hours in Caloric. Then remove from mold and bake one-half hour. This is fine.

Boston Brown Bread, No. 3—Two cups graham flour, one cup wheat, one-half cup sour cream, one teaspoon soda, one-half cup molasses, salt and buttermilk to make thick batter. Put into Caloric and steam three hours.

Boston Brown Bread, No. 4—One cup butter milk, one cup sweet milk, one cup molasses, one cup corn meal, two cups graham flour, one teaspoon soda, one teaspoon salt. This will

CALORIC BOOK OF RECIPES.

make four small loaves. Put into Caloric and steam $3\frac{1}{2}$ hours.

Old Fashioned Corn Pone—In one pint of boiling water, scald one teacup of corn meal; add cold water to make luke warm, then add two teacups corn meal, one even tablespoon salt, and one sugar, beat briskly; let stand over night in warm place. Then add teacup flour, and one tablespoonful molasses. Put in some deep, well greased vessel, or Caloric vessel, let raise one hour and bake in Caloric, using both hot stones, one on top, two or three hours. When done turn upside down; let cool, so as to come out easily. Double amount if large pone is desired.

Baked Beans—Wash and pick over one quart of white beans. Soak over night. In the morning let them come to a boil, add a pinch of soda and drain. Put them into a kettle with one-half pound of salt pork, slash the rind and cover with boiling water. Boil five minutes and remove to the Caloric for five or six hours. Remove the beans to a baking dish. Cut the pork in slices and lay over the top. Season with salt, pepper and four tablespoons of molasses or brown sugar. Place in Caloric, using both hot radiators, four or five hours.

THE COOKING OF VEGETABLES

Temperature of Water in Which Vegetables are Set to Cook—All vegetables are set to cook in water that is boiling at the time they are put into it.

All wilted vegetables should be revived in cold water before cooking.

All dried vegetables should be soaked in cold water several hours, or over night, before cooking.

A knowledge of the composition of a vegetable gives the key to the way in which it is to be treated during cooking.

Compounds in Vegetables—Starch is the dominant principle in most vegetables, though protein, sugar, fat, mineral matter and water (one or all) are combined with the starch. In some vegetables the starch is largely in the form of cellulose or woody tissue, but, in whatever form it may be, starch must be thoroughly cooked or it is unwholesome.

Vegetables With Only Slight Trace of Starch—Vegetables, like lettuce, endive, celery (inner blanched stalks), tomatoes, cucumbers, and small, quickly-grown radishes contain but a slight trace of starch. They are composed largely of water and mineral salts, both of which would be lost during cooking, unless the cooking be done at a gentle simmer, and the water be retained as food. These vegetables, then,

might be exempt from cooking, save for variety. When cooked, no more water should be used than can be served with them, and the cooking should be at a gentle simmer.

Vegetables Containing Protein, Sugar and Some Starch—Green peas and asparagus contain so much starch that cooking is a necessity, but, to retain the sugar and other compounds, the cooking should be done in the Caloric, where there is no violent boiling as on a flame stove, and in a small measure of water, and the water should form a part of the finished dish. The same is true of spinach; the water that clings to the leaves in washing being sufficient for the cooking.

Vegetables With Starch as Cellulose—Parsnips, salsify, carrots and turnips contain but little starch, other than that found in their cellular structure; this fiber, like animal fiber, is hardened by high heat, and cooking should not be carried on at a temperature higher than the boiling point of water. The cooking should be prolonged until the fiber is tender, but no longer.

Vegetables With Much Starch—Potatoes, breakfast cereals, rice, samp, macaroni, noodles and other pastes, used as vegetables, are rich in starch. A good potato, properly cooked, is mealy. A potato, no matter how good it may be, cooked in simmering water is water-soaked and soggy. If potatoes be cooked in furiously-boiling water, the outside becomes softened and washed away, while there is "a bone in the center." To cook in perfection, keep the water just at the boiling point until the process is finished, which can be done best in the Caloric, where the temperature is maintained at exactly the

boiling point, with one hot radiator, for three hours. The same is true, practically, in respect to the cooking of other starchy vegetable products.

When to Use a Large Quantity of Water—Some varieties of onions are strong flavored; when such, and also members of the cabbage family, are to be cooked, the use of a large quantity of water will insure a more delicate flavor.

Use of Salt and Soda—Hard water has a tendency to harden cellulose or woody fiber, and thus keeps sweet juices or other valuable compounds within the article cooked; soft water acts in the opposite way. Salt added to water makes it hard, raises the boiling point a little, and intensifies the color of green vegetables. Soda softens water and causes green vegetables to assume a faded look. As the appearance of food has much to do with our taste or distaste thereof, certainly, for aesthetic reasons, the use of salt in the cooking of green vegetables would be a gain. Again, as green vegetables contain little woody tissue, but often sugar that we wish to retain in the article, the cooking of these in salted water would seem advisable. In general, salt should be added to the water in which all vegetables, except those containing much cellulose, are to be cooked. Potatoes and onions never taste just right unless the water in which they are cooked be salted. A teaspoon of salt to each generous quart of water will be found about right. Soft water is called for when the cellular structure of dried peas, beans and lentils is to be made tender. If such water be not available, a teaspoonful of bicarbonate of soda, added to each two quarts of water in which the vegetable is to be cooked, will soften the water.

A USEFUL TABLE.

Sixty drops equal one teaspoon. Three teaspoons equal one tablespoon. Four tablespoons equal a quarter of a cup or half a gill. Eight rounded tablespoons of dry material equal one cupful. Sixteen tablespoons of liquid equal one cupful. One cupful of liquid equals two gills or half a pint. One heaping tablespoon of sugar equals one ounce. One heaping tablespoon of butter equals two ounces. One cup of butter or sugar equals one-half pound. Two cups of flour equals one-half pound. One rounded tablespoon of butter, one ounce. One rounded tablespoon sugar, one ounce. Two rounded tablespoons flour, one ounce. Five medium sized nutmegs, one ounce. Two rounded tablespoons of ground spice, one ounce. One quart sifted pastry flour, one pound. One pint of granulated sugar one pound. One pint of butter, one pound. One pint of ordinary liquid, one pound. One solid pint chopped meat, one pound. One cupful rice, half a pound. One cupful Indian meal, six ounces. One cupful stemmed raisins, six ounces.

Proportions—One heaping teaspoon baking powder to two cups flour. One teaspoon cream of tartar and half teaspoon soda to two cups flour. One level tablespoon soda to two cups molasses. Four heaping tablespoons corn starch to one quart of milk. A little over an ounce of gelatine to a quart of liquid.

ONE HUNDRED HINTS WORTH KNOWING.

Soak your hair brushes when washing them in ammoniated water. This will prevent the bristles from coming out and hardens them.

If your gown has become stained with lemon juice or rind, apply ammonia to the spot and it will restore the gown to its natural color.

A teaspoon of flour of sulphur dissolved in hot milk and slowly sipped is very good in case of sore throat.

Try ground carawayseed as flavoring for a simple cake; the ground spice being preferred by many in place of the seeds.

To preserve maps, brush over each a solution of gutta-percha, which is quite transparent. This may be applied to both sides.

Milk cans, whether for kitchen or table use, should always be wide enough at the top to allow the hand to pass through to clean them.

If raisins and currants are rolled in flour before putting into a cake, they will not sink to the bottom.

When cutting fresh bread, dip the knife in hot water.

Scatter a few drops oil of lavender in your bookcase before shutting it up for the summer and you will find no book mold.

CALORIC BOOK OF RECIPES.

When using valuable vases for table decoration, fill one-fourth full of sand to prevent being knocked over.

Moisten grease spots with cold water and soda before scrubbing, as it lightens the task.

Soak your new brooms in strong hot salt water before using them; it toughens the bristles and the broom will last longer.

When laundering lace curtains and a creamy shade is wanted, add clear strong coffee to the starch.

Wash your challies in rice water made by using one pound of rice to five quarts of water, strain and cool.

Apply common mud to a bee sting and the pain will disappear.

Scrape raw potatoes and apply to a burn. It will give immediate relief.

Try cucumber peelings for cockroaches; they will act like poison to them.

The whites of eggs beaten up with salt to the consistency of frosting and applied to a sprain will give you great relief; renew as it becomes dry.

Put a pinch of salt in the whites of eggs to make them whip better.

Keep your salt pork in a brine made of salt and water; it improves it greatly.

To take the white spots from varnish, hold a stove cover over them and they will quickly disappear.

If grease is spilt on the kitchen floor, pour cold water on it immediately. This will harden it and prevent it from soaking into the floor. Scrape with a knife.

CALORIC BOOK OF RECIPES.

To remove ink stains on clothing, soak the spot in sour milk.

Put a little turpentine in the boiler in which your clothes are boiled; it will whiten them.

Stains on knives, however obstinate, will disappear if rubbed with a piece of raw potato.

Try soft tissue paper for cleaning or polishing your mirrors.

Celery, eaten abundantly, is good for neuralgia.

Try putting a pinch of ginger in your doughnuts and they will not absorb the fat or grease.

If potatoes are pared and laid in cold water just before boiling, they will be much whiter.

Try laying thin slices of potatoes across the forehead when you have the headache.

Never bite thread with the teeth; it damages them.

Save your celery stalks; dry them and use for flavoring.

When you buy carpets for durability, choose small figures.

Never use soap and water on varnish work.

Spring Tonic—Halve your food, double your drinking water, treble your consumption of pure air, and quadruple your laughter.

Throw a little powdered charcoal in your sink to disinfect it every little while.

To prevent flies from entering the house brush the screen doors with kerosene.

If a drawer sticks, rub a little fresh lard on it.

Sprinkle the cellar often with chloride of lime and it will be kept free from rats.

CALORIC BOOK OF RECIPES.

The best lamp oil is that which is clear and colorless like water.

If your child gets a bump, butter the spot well and it will not turn black and blue.

A few drops of kerosene added to the starch will make the ironing easier.

A piece of camphor kept where extra silver is will prevent it from tarnishing.

Egg shells crushed up, will clean your water bottle and vinegar cruet beautifully.

A little boiling water added to an omelet will keep it from being tough.

The tops of worn out boots or shoes make excellent iron-holders.

To clean your straw mattings, wash them with soft water, changing the water often.

A faded dress may be made perfectly white by boiling in cream of tartar water.

A gold chain may be made to look very bright if dipped in a cup containing one part ammonia and three parts water.

Keep an apple in your cake box and it will keep your cake fresh for a long time.

If a little kerosene is added to the water in which you wash your windows the effect will be much brighter.

A hot cloth around the jelly mold will help the jelly or ices to come out without sticking.

Lettuce has a soothing effect on the nerves and is excellent for sufferers from insomnia.

Scour your kitchen knives with moistened ashes.

CALORIC BOOK OF RECIPES.

A gargle of salt and water is a good remedy for sore throat.

Burn an orange peel on the stove instead of coffee, for disagreeable odors—the effect is pleasanter.

A few drops of oil of lavender poured in a glass of hot water and set in a sick room will purify it greatly.

Boiled flaxseed juice flavored with lemon is excellent to stop coughing..

Clean your irons on emery paper; it is excellent.

To remove the smell of paint from a room, leave over night in it a bucket of water with three or four sliced onions in it.

To remove mildew stains, use lemon juice.

Put a pinch of salt in the water in which you put cut flowers and they will last longer.

Give your plants a tonic of cold coffee or tea every other day or so.

An egg put in the morning coffee is best remedy for clarifying the coffee, besides being much more strengthening.

When you refill your fountain pen, before screwing down the cap, let some cold water run down through the pen, it cleans it all out fresh.

Field violets may be gathered and dipped in a syrup of boiled sugar and water and become candied; these are used as lovely decorations for a cake.

Salt and vinegar will be the best thing for scouring copper kettles.

Keep an oyster shell in your tea kettle to prevent the forming of crust.

CALORIC BOOK OF RECIPES.

Straw matting will last longer if given a coat of varnish.

Polish tan shoes with melted bees wax.

Kerosene poured down the sink and boiling water immediately after will clean out a stopped up drain pipe.

A little butter added to cake frosting greatly improves it.

Give your canary a little lettuce now and then; it will improve its song.

Dredge your cake tins with flour and your cake will not stick to the pan.

When laundering battenberg pieces, put a teaspoon of borax in the rinsing water and there will be no need of starch.

A cure for hiccoughs is to take a long breath and hold it.

Never put strawberries in tinware.

Polish your dining table with melted bees wax, rubbed on with a soft cloth.

When you plant sweet peas, have them running north and south; they bloom better.

Salt and sugar mixed together will sometimes stop coughing.

Steam your fruit cake and dry off in the oven for fifteen minutes and see how moist your cake will be.

Never leave matches where rats can eat them.

Give pussy some sulphur in her milk once in a while; it is good for her.

Dried orange peel makes excellent fire kindlers.

Dressmakers always shrink spools of thread before using.

Make a short cake of pressed fruit and see how nice it will be.

Wooden spoons are the best to use when making cake.

WITH THE FIRELESS COOKER.

By Linda Hull Larned, editor Good Housekeeping.

My fireless cooker has become a valuable member of the working force of my household. In fact, it has responded to our needs so quickly and so capably that we almost feel that it is human, and now, often, we call it "she."

The cooker saves time and worry, for while things are cooking you do not have to watch them to prevent their burning or to see if they are done. The cooker rarely overdoes its part, even though the contents be forgotten for several hours. It saves fuel and an over-heated kitchen, and it reduces the butcher's bill, because in using it one does not buy so many chops and roasts and steaks, which are all expensive. Cheaper cuts of meat may be used to advantage. Moreover it is certainly a most helpful companion for the working woman, the one who goes out to business every day. She may cook her entire dinner while getting her breakfast; and last, but far from least, it will help to solve the great problem of who shall do the cooking, for if the housekeeper will only learn how, the greater part of the burden may rest upon the fireless cooker.

An important detail in using the fireless cooker is the amount of water to be used in the large kettles. When the inner pail is used, the water in the kettle surrounding it should be about two inches below the top of the pail, else,

when briskly boiling, it might "boil in;" when using the steamer basin, the same precaution is necessary. It must be remembered that water does not evaporate in the cooker, so the amount to be put on the food to be cooked should be just enough to cover, or what is required for gravy.

The following recipes are reliable; they are the result of experiments, adapting ordinary recipes to the peculiar needs of fireless cooking.

Boiled Dinner—The rump piece of beef selected was only slightly corned, as too much corning renders the best beef tough. It was bought the day before it was needed, and early in the morning it was put in one of the large kettles, well covered with cold water and allowed to boil about fifteen minutes. It was then put in the cooker (this was at nine o'clock), and at two o'clock potatoes, onions and turnips were prepared and placed in various receptacles in the other kettle: a wire basket, an enameled basin and a shallow enameled pan that rests on top of the basin. The onions and turnips, with salt for seasoning, were put in the bottom of the wire basket to boil, and the potatoes, dusted with salt, were placed in the basin to steam. One other vegetable, or even a pudding, could have been put in the pan on top, also to steam, had we had the forethought to prepare it. While these vegetables were boiling the kettle containing the beef was again placed on the stove to boil its contents. After fifteen minutes' further brisk boiling of the meat, the two kettles were ready to be put in the cooker together. The dinner, all except the dessert and soup, was then left to take care of itself.

As the dessert was a cold one, prepared in the morning, and the soup all ready to be reheated at the last moment, the kitchen was left to its own devices until time for serving the dinner. It was a simple matter for the housekeeper to don a big apron over her afternoon dress, open the cooker and take out the dinner. It was found to be perfectly cooked: the meat tender and juicy, the vegetables done to a turn and all of the delicious flavor; but, best of all, there were no odors whatever, save those that were acceptable to a hungry family.

Soup Stock—The day before the soup was to be used a soup bone was put in the kettle in cold water, and when briskly boiling, put into the cooker. This was done in the morning. Towards night it was taken out and put immediately over the fire, and salt and a soup bouquet of herbs and seasonings were put in. After ten minutes boiling, the kettle was put back into the box to be left until morning. It was then taken out, the soup was strained, and, when cold, the fat was skimmed off. About two o'clock some of the jellied stock was put into the small pail; carrots, turnips, beets, celery, onions and potatoes all cut into dice were put into the stock. When boiling, the pail was plunged into the kettle of boiling water, the cover put on, and when the water was again briskly boiling the whole was put into the cooker, not to be taken out until dinner time, when the soup was found to be quite hot enough to be sent directly to the table.

Irish Stew—This was made of lamb, cooked a few hours first in the cooker, then cooked with the vegetables on the range, and again put in the cooker. The lamb, cut in pieces,

CALORIC BOOK OF RECIPES.

was put into boiling water at ten o'clock, reheated at two o'clock and taken out just before six. The meat and vegetables were then skimmed out on to a hot platter, the gravy thickened and dumplings were made. The vegetables used were onions, carrots, turnips and potatoes, all cut in rather large dice, and there were about two cups. The amount of water used was just enough to cover the meat, and this made a rich gravy. The gravy was thickened with two teaspoons of flour, rubbed smooth in two or three tablespoons of water and allowed to simmer while the dumplings were being prepared. The dumplings were made thus: One cup of flour, $1\frac{1}{2}$ teaspoons of baking powder, one tablespoon of melted butter and enough milk to make a thick batter. They were just soft enough to be dropped from a spoon into the gravy, and were cooked about five minutes.

Beef a la Mode—Five pounds of round of beef, larded, were used. Cook this in a spider, searing it all over quickly in the fat from a quarter of a pound of pork cut in slices with two onions, one carrot cut in dice, four cloves, two peppercorns and a bay leaf. Cook this ten minutes, then transfer the whole contents of the spider to the kettle, cover with three pints of boiling water; when boiling put on cover, and after five minutes put quickly into the cooker. At one or two o'clock take the kettle from the box and let its contents boil on the stove fifteen minutes or twenty minutes, adding one teaspoon of salt and a dash of pepper. Return kettle to cooker and fifteen minutes before dinner, take meat out on to a hot platter and boil the gravy in the kettle, keeping the meat hot meanwhile. Now skim the fat from the gravy, strain it into

a boat and serve with the meat. There should be enough gravy to cover whatever is left of the meat, as it comes from the table, for this left-over is very good served cold, cut in slices for the next day's luncheon, especially if the meat be cooled in the bath of gravy.

Corned Beef Tongue—A slightly corned beef tongue may be cooked all day and night, then reheated to serve for dinner at night. Skim carefully and use with hot tomato sauce. While making the sauce, the tongue may be put in a hot oven and then sliced for serving.

Fricasseed Chicken—The chicken is cut up and each piece sauted in a little butter. Then it is covered with boiling water and put into the large kettle of the cooker, and after it has boiled ten minutes it is put in the cooker. This should be done about twelve o'clock for a six o'clock dinner. If the chicken seems at all tough it should be taken up at three or four o'clock and boiled on the stove ten or fifteen minutes, then returned to the cooker until dinner time. When ready to serve it is again put on the stove just long enough to thicken the gravy. The seasoning is put in at the second cooking.

Boiled Ham—A ham weighing six pounds was put into the kettle at nine o'clock in the morning. It was well covered with cold water and allowed to boil briskly fifteen minutes, then was put in the cooker. The cover should always be put on the kettle when its contents begin to boil, and not removed until the kettle is taken out of the cooker. The transit from stove to cooker must be as rapid as possible and the cover must be put down quickly. At two o'clock the kettle was taken out and put on the stove for another fifteen min-

utes of boiling, and at this time a few cloves, two or three peppercorns and a bay leaf were put in for seasoning. At five-thirty the ham was taken out, put in a pan, the fat side up, well sprinkled with bread crumbs, stuck full of cloves and, with a slight dusting of sugar, baked in the oven until quite done.

Boiled Fish—Two pounds of halibut were rolled in a piece of wet cheese cloth, dredged lightly with flour. Just enough water put into one of the kettles to cover the fish, and when it was nearly boiling, the fish was put in, resting on the rack in the bottom of the kettle. Three tablespoons of vinegar, one of salt and two or three peppercorns were put in, the cover put on and, when the water was boiling, the kettle was hurried into the cooker and the cover put down. This was done at two o'clock; at six o'clock a sauce was made, the fish taken out, the skin removed, and the water was drained off, when it was found to be quite hot enough to serve. The sauce was made as follows: Two tablespoons of butter in a saucepan, three tablespoons of flour, then $1\frac{1}{2}$ cups of hot milk, and when boiling one tablespoon of minced parsley, one of capers, one-half teaspoon of salt, a dash of pepper, the yolks of two hard-boiled eggs, chopped, and the whites of the eggs in rings. This, when boiling hot and thoroughly beaten with a whip, was poured over the fish.

INDEX TO RECIPES.

Apple Coddle	95
Apple Roll	101
Asparagus	26
Baked Beans	124
BEEF—	
A la Mode	38
A la Venaison	42
Boiled	35
Brown Stew	39
Corned	37
Loaf	43
Roast	44
Roll	43
Roularde	40
Stewed	36
Stewed in Vinegar	39
Stewed with Ham	38
Beefsteak, Rolled	37
Beef Tongue, Boiled	72
Beef Tenderloin with Potatoes	69
Beef Tea	93
Boiled Tongue	44
Beets	26
Boston Brown Bread	95
Brown Bread Toast	95
Brown Bread, Boston	123
Butter Sauce, Drawn	67

CALORIC BOOK OF RECIPES.

CAKE—

Apple	119
Biscuit	118
Bread	117
Cherry	120
Chocolate	119
English	119
Fruit Marmalade	120
Loaf	120
Orange	118
Plain Almond	118
Punch	117
Raspberry with Lattice Work	120
Sand	118
Calfs Breast—Steamed, Rolled	47
Calf's or Swine's Tongue, Boiled	73
Carrots	27

CAULIFLOWER—

Boiled	30
Different Way	31

CHICKEN—

Boiled	58
Cream	59
Cream Stew	60
Curry	61
Escalloped	65
Fricasseed	59
Pickled	61
Pie	60
Piquant with Butter Dumplings	83
Roasted	58
Roasted, Highly Seasoned	58
Roasted with Asparagus	83
Southern Style	61
To Fry Old	60

CALORIC BOOK OF RECIPES.

Caper Sauce	62
Chicken with Asparagus	70
Chicken Jelly or Broth	76
Chicken with Peas	72
Chicken with Mushrooms	72
Cod Fish Balls	66
Coffee	89
Cornmeal Mush	87
Cream of Wheat	87
Cup Custard	99
Custard Sauce	100
Dough, Yeast	121-2-3
Egg Sauce for Fish	67
English Roast	40
Filet, Austrian Way	40
Filet Roast	39
Filet Slices in Butter	42
Fireless Cookstove's Household Fare, German	65
Fish, Boiled	66
Fowl, Old with Rice	72
Fowl, Old with Vermicelli	71
FRUIT STEWED—	
Apples	110
Quinces	110
Apples, Apricots, Peaches, Pears, Plumbs	111
Prunes	112
Gaulaush Stew	43
German Fireless Cookstove's Household Fare	65
Graham Bread, Steamed	123
Green Corn	26
Ham, Boiled	81
H. O.	87

CALORIC BOOK OF RECIPES.

LAMB--

Boiled Leg of	51
Chops Stewed	54
Gulash Made of	53
In Light Gravy	54
Leg of, a la Venaison	53
Roast	51
Roasted with Potatoes	81
Tongue	52
With Dressing	51

MACARONI—

And Cheese	33
French	33
Plain	33
With Tomatoes	33
Meat Dumplings with Beans	73
Mint Jelly	93
Mutton Chops, Braised	52
Mutton, Curry of	45
Mutton, Boiled and Potatoes	68
Mutton, Another Recipe for Leg of	54
Mutton Roasted in Brown Butter	84
Mutton with Onions and Potatoes	68
Mutton with Turnips	69
Mushroom Sauce	84
Noodles	121
Oatmeal	88
Old Fashioned Corn Pone	124
Omelette	85
Onions	27
Oxtail	41
Oysters, Escalloped	67
Partridge	63

CALORIC BOOK OF RECIPES.

PIGEONS—

A la Venaison	64
Cooked in Vinegar	64
Roasted Hunter's Style	63
Roasted, Stuffed	63

Peas	26, 31
------------	--------

Pickelsteiner Meat from Beef Tenderloin	42
---	----

Pigs Feet	57
-----------------	----

PORK—

Ham with Cream Gravy	56
Roast	56
Roasted with Potatoes	81
With Rice and Tomatoes	56

Postum Cereal	89
---------------------	----

POTATOES—

Boiled	27
Escalloped	29
In Butter	32
Mashed	29
Mashed with Apples	29
Roasted in Butter	28
Sliced with Bacon	32
Stew	29
Stewed, Hungarian	28
Stewed with Parsley	28
With Fried Sausage	32
With Ham	33
With Parsley	33

Potato Dumplings of Boiled Potatoes	33
---	----

Pot Roast	44
-----------------	----

Prunes, Jellied	112
-----------------------	-----

PUDDING—

Almond	103
Apple Tapioca	97
Asparagus	106

CALORIC BOOK OF RECIPES.

PUDDINGS—

Biscuit	105
Bread	107
Brown Betty	99
Cabinet	100
Calf's Sweetbread	105
Chocolate	97
Chocolate Bread	100
Chocolate	102
Cherry	114
Cream of Wheat	104
Custard	99
Date	97
English	103
Fish, English Way	107
Fresh Fruit	98
Hungarian	108
Lemon	102
Macaroni	108
New England Indian	95
Old Fashioned Rice	101
Of Noodles	103
Of Mixed Meats	106
Raspberry	99
Rice	96
Rice with Apples	104
Rice with Cherries	104
Rice, German	104
Spinach	106
Steamed Plum	97
Steamed Brown	98
Sweet, of Milk Rolls	101
Vanilla	102
Wine	113
Pumpkin	32

CALORIC BOOK OF RECIPES.

Quaker Oats	87
Red Cabbage	91
Rice, Boiled	88
Rice Cooked in Milk	88
Rice Cooked in Milk with Filled Apples	88, 89
Rolled Wheat	87
 SALAD—	
Asparagus	91
Bean	91
Beet	91
Cauliflower	91
Celery	90
Nantese	93
Potato	90
Salmon, Escalloped	66
 SAUCE—	
Apple	112
Appropriate for Fishes and Meats	92
Egg, for Fish	67
Hard	109
Rhubarb	112
White	85
Wine	109
Vanilla	109
Sauerkraut	34
Sauerkraut, Hungarian	69
Sheeps Tongues, Braised	52
Smoked Meat with Lentils	70
Smoked Tongue or Corned Tongue.....	70
 SOUFFLE—	
Almond, Apple, Cherry	116
Bread Crumb	116
Lemon	115
Spaghetti, Minnesota, with Tomato Sauce	34

CALORIC BOOK OF RECIPES.

SOUP—

Apple	80
Asparagus	79
Bean	77
Boullion	76
Chicken	75
Corn	75
Cream or Celery	77
Cream Chicken	78
Cream of Wheat	78
Cream of Wheat with Raisins	80
Green Pea	77
Mutton Broth	74
Potato with Curly Cabbage	79
Puree Du Barry	75
Rice	78
Rice with Green Peas	78
Rice and Milk	80
Rice with Tomatoes	79
Spanish	79
Stock	74
Turtle	76
Vegetable	75
Vegetable Oyster	79
Steamed Ribroast	41
STEWED FRUIT—	
Apples	110
Prunes	112
Quinces	110
String Beans	25, 27
Summer Squash	27
Swine's or Calf's Tongue, Boiled	73
Tomato Sauce for Meat	84
Turkey—Boiled, Fricasseed	62

CALORIC BOOK OF RECIPES.

VEAL—

Croquettes	55
Curry of Mutton or Veal	45
Gulash	48
Gulash with Butter Dumplings	82
In Caper Gravy and Cream	46
In Highly Seasoned Gravy	47
In Light Gravy with Parsley	48
Loaf	49
(Piquant) with Bread Noodles	83
Roast	44
Roasted with Asparagus	81
Roast Larded	46
Roasted with Potatoes	81
Roasted Leg of	45
Roast With Sweet Cream Gravy	46
Rolls	45
With Green Peas and Dumplings	82
With Mustard Pickles	50
With Rice	49
With Tomatoes	48
Veal Gulash with Potatoes	68
Veal with Asparagus	71
Veal with Onions, Paprica, Potatoes and Cream	71
Veal with Vegetable Oysters	71
Vegetable Oysters	30
Venison, Fricasseed	64



**RETURN
TO →**

**MARIAN KOSHLAND BIOSCIENCE AND
NATURAL RESOURCE LIBRARY**

2101 Valley Life Sciences Bldg. 642-2531

LOAN PERIOD

7 DAYS

ALL BOOKS MAY BE RECALLED AFTER 7 DAYS.

DUE AS STAMPED BELOW.

DUE		
MAR 03 2007		
SUBJECT TO RECALL		

U.C. BERKELEY LIBRARIES



C027361729

